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The Observer

By the students For the students

Vol. 112 NO. 7 | Feb. 21 - Feb. 27, 2019



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Students ask for more active shooter training, the university responds

Alexa Murdock
Assistant Editor

CWU is working on creating an emergency situation training video in response to the Feb. 6 active shooter false alarm. Answering students' questions during an open forum on Feb. 14, CWU Police Chief Jason Berthon-Koch said the video will include information about what to do in the event of an emergency, how to communicate with others and where to get reliable information.

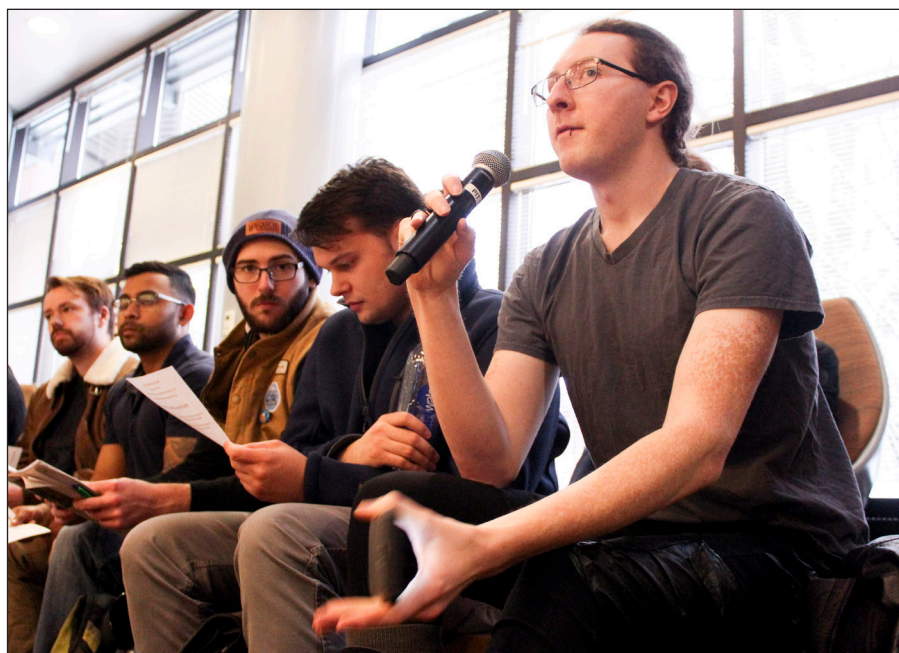
"Part of my goal with the video education is to instill and show students and faculty and staff where official information is going to come from," Berthon-Koch said.

Berthon-Koch fielded questions together with President James L. Gaudino, Provost Katherine Frank and Chief Information Officer Andreas Bohman during the forum organized by the Associated Students of Central Washington University (ASCWU) to talk about the series of events that shut down the Ellensburg campus between 5:35 p.m. and 7:27 p.m. on Feb. 6. For two hours, gathered in the SURC Pit, students were able to voice their concerns about what happened that evening and discuss how the university will handle future emergency situations.

Many students who attended the discussion said that the university currently lacks in educational preparation for emergency situations. They also critiqued how CWU handled communication with the public both during and following the false shooter threat.

LACK OF TRAINING

One of the most prominent ques-



Georgia Mallett/The Observer

CWU student and Vice President of the Cybersecurity and Ethical Hacking Club Spencer Brown asked for more student training at the Feb. 14 open forum.

tions asked was about the lack of training for students.

Traditional freshman students are required to attend a session during Wildcat Welcome Weekend that explains what to do in the event of an active shooter situation. CWU senior Samantha Berheit noted that transfer students do not receive this training. She suggested offering this training once a year for the duration of a student's time at CWU might be beneficial in educating more students.

CWU student and Vice President of the Cybersecurity and Ethical Hacking Club Spencer Brown also called for

more student training.

"If students don't know what to do, they panic," Brown said. "In an emergency, you revert to your lowest level of training."

Brown suggested that an emergency training video be shown to students on a quarterly basis. Although this might seem repetitive, it's better for students to immediately know what to do in an emergency than to hesitate or put themselves in danger.

Continued on Page 12

11 years later: remembering trio that rounded bases together

Bryce Weedman
Staff Reporter

It's 2008 at Gary and Bobbi Frederick Field in Ellensburg, Washington, as the top two softball teams, Western Oregon University (WOU) and CWU, are battling it out for the GNAC Championship. The Wildcats are down with WOU senior outfielder Sara Bradley (née Tucholsky) up to the plate. Bradley swings, connecting with the core of the bat, sending the ball deep to center field. As Bradley rounds first, she watches the ball soar over the fence, but in doing so, she misses first base. Bradley glances towards her first base coach telling her to come back and touch first base. As Bradley turns around to come back, something terrible happens. A rush of pain enters Bradley's body as she falls to the ground. She has just torn her ACL. As Bradley lays in the dirt crying out in pain, the game comes to a standstill. College rules imply that a team cannot touch their own player. Mallory Holtman-Fletcher, a senior first baseman at CWU, runs to the umpire with an idea.

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Body Love inspires more than acceptance

Afton Prater
Staff Reporter

Body love and positivity is what National Eating Disorder Awareness (NEDA) week is all about. NEDA week is a radical self-love movement that is hosted annually during the last week of February. This year's NEDA week includes several different events and starts on Monday, Feb. 25 with the Body Love Campaign in the SURC Pit from 11-1 p.m. Other events throughout the week include an eating disorder awareness panel on Tuesday, The Fat Liberation in our Classrooms workshop on Wednesday, celebrated poet Sonya Renee Taylor will be speaking on Thursday, and 'Smash the Scale!' will be held on Friday.

Kicking off NEDA week is The Body Love Campaign. Students who participate in this event wear as little clothing



Photo illustration by Mariah Valles/The Observer
The National Eating Disorder Awareness (NEDA) week is an annual self-love movement held in February. Events will be held throughout the week starting on Monday, Feb. 25.

as they feel comfortable with, as well as blindfolds, while standing in the SURC Pit. Students are welcome to observe, but also to participate in writing positive affirmations on the bodies of the people participating. At the end of the event, students receiving the positive affirmations written on their bodies will take off their blindfolds and witness the positive messages that have been written on them.

Erin Reeh is an alumnus of CWU and a health education coordinator in the Wellness Center. She discussed how many people are susceptible to comparing their bodies to others and how it is especially common among college students. In this era of Instagram, Facebook and Snapchat, Reeh believes many people have a false sense of perfection and how their bodies should look.

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Editor: Jack Belcher

Brooks Library opens student common area

Matt Escamilla

Staff Reporter

Brooks Library opened a new student common area located on the second floor on Feb.12. The opening of the common area was a process to make the library more functional for students. The reorganization of the library started in the summer of 2018, which provided enough space for the new area. The improved second floor opened to students in the fall, but the common area wasn't ready until Feb. 12, due to it not having all of its amenities until last month, according to Dean of Libraries Rebecca Lubas.

"The user experience is at the center of what we do," Lubas said. "It is all about making that user experience the best one that we possibly can with the resources we have."

The new common area has movable tables with power stations, movable furniture and four interactive smart boards. Lubas said if changes need to be made over time because students realize they don't like certain furniture or the area needs more seating, having furniture that's easy to move will make the process easier. Movable furniture also protects the space from becoming outdated.

Students at Lubas' previous college would build "forts," cubicles and personalized study areas for themselves out of white boards and moveable furniture during midterms and finals.

"Once it really catches on that the students can customize the spaces for themselves, you really get to see creative things," Lubas said.

Collection Development Librarian and Interim Associate Dean of Libraries Ginny Blackson said the library staff wanted to get the second floor back to its intended use as an open space for students.

Blackson and Kim Hansen, administrative specialist in Brooks Library, attended a library design conference held in Vancouver, Washington in 2017. During the conference they viewed blue-



Cassidy Simpson/The Observer

The silent study area has been moved to the third floor as part of the reorganization of the library. The reorganization started over the summer of 2018.

prints of other libraries for ideas.

"You're piggybacking on other libraries and other institutions that have done this and have tried experiments," Lubas said. "The process that they have used here benefited from the experience that's out there in the profession and building on things that have been known to work at other universities."

The reorganization of the library also provided the opportunity to move the silent area in the library away from the music library and high ceilings of the fourth floor to the third.

"Noise just goes everywhere. There's no way to keep [the fourth floor] quiet and we've spent so much time trying to enforce that quiet and realizing that re-

ally what we had was the wrong space," Blackson said.

Brooks Library was built in 1975. According to Blackson, the library at the time could accommodate 8,000 students and 1 million books. CWU now has over 12,000 students and 1.5 million books. Blackson mentioned she collaborated with the University of Washington's library school about the changes being made to CWU's library.

A dedicated archival area is also on the second floor of Brooks Library. According to Carlos Pelley, an archives and special collections technician, people can come in and learn about CWU's history, along with the history of other areas including the nine coun-

ties east of the Cascades. Pelli says the dedicated archive space has made the section more visible.

"A lot of students come into the archives not knowing that we even have an archive...a lot of surprise like whoa what is this place?" Pelli said.

The building has five group study rooms located on the third and fourth floor.

Government publications and current periodicals are together on the third floor. Designated computer areas can be found on the first, third and fourth floors.

"We want to be welcoming and inspiring in meeting the students' needs, how ever it is that they choose to study," Lubas said.

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Editor: Jack Belcher

A takeoff in aviation legislation

Nick Tucker

Staff Reporter

State Representative of District 13 Tom Dent has introduced three aviation-related bills in an effort to address worker shortages and boost funding for airports.

“Our aviation industry is facing a critical pilot shortage. It is impacting technicians, instructors and other related aviation occupations as well,” Dent said to the Washington State House Republicans at the first reading of the bills on Jan. 22 at the state capitol in Olympia. “I am working to find a way to draw more of our young people into aviation careers. This would also grow our rural economic development as we improve our airports and increase employment in this industry.”

The first of these bills is House Bill 1455, which seeks to fund the training and employment of workers in the aviation industry including pilots, technicians, mechanics and flight instructors in Washington. One of the ways it would do this is through a loan forgiveness program which “provides for part of a student’s total loan amount to be forgiven if certain criteria are met.”

Those criteria include the student being employed full-time as a flight instructor, commercial pilot, airline transport pilot, avionics technician or maintenance technician. If those criteria are met, 20 percent of the student’s total loan amount will be forgiven with an additional 10 percent for every following year up to a maximum of 60 percent.

If passed, this bill could be a great help to CWU’s aviation students who have to make use of loans to cover the naturally high cost of aviation training. Helen Clumpner, an aviation student, has some concerns about the cost barriers impact on the program.

“We have students leave the program. One girl last year had to drop out due to the cost,” Clumpner said.

According to Clumpner, the aviation program already has more applicants than slots for students, so the bill may not directly change the number of students in the program. However, she thinks the loan forgiveness program may lower the financial barrier for entry that the aviation industry has.

“I don’t think there’s that much of a problem with people leaving the industry as much as people bring discouraged from making their way to the airlines because of how much training costs,” Clumpner said. “I think people will be able to afford



Jack Belcher/The Observer
A Piper Arrow PA-28-181 (top) and PA-28R-201 (bottom) owned by the CWU aviation program parked just outside of the hangar at Bowers Airfield north of campus. The aviation program owns a total of 23 aircrafts.

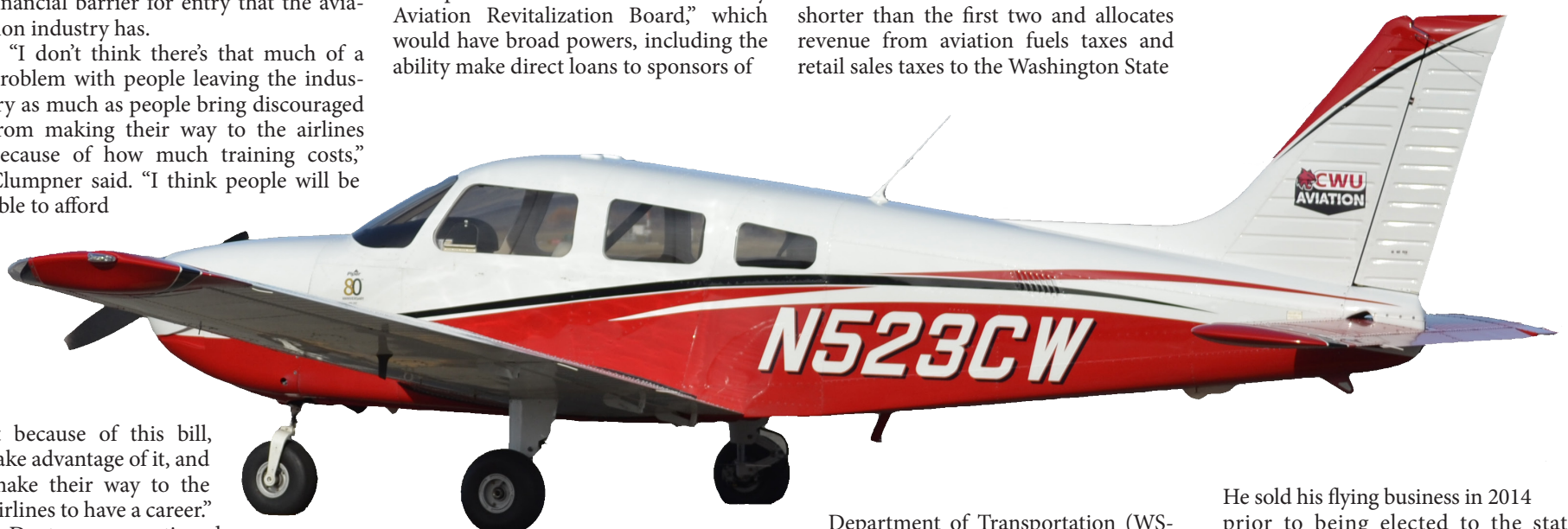
bill,” Dent said.

The next bill is House Bill 1456, which mostly regards the funding of airports. The bill would direct the Department of Transportation to create a “Community Aviation Revitalization Board,” which would have broad powers, including the ability make direct loans to sponsors of

The bill would also establish a task force to oversee the program,” Dent said. “I believe we have an agreement to get this bill through the Legislature this year.”

The last bill, House Bill 1457, is far shorter than the first two and allocates revenue from aviation fuels taxes and retail sales taxes to the Washington State

1976 and founded Tom Dent Aviation, which offered aerial application and flight instruction.



it because of this bill, take advantage of it, and make their way to the airlines to have a career.”

Dent even mentioned CWU when he spoke to the Washington State House Republicans.

“There was a public hearing on House Bill 1455 on Wednesday [Jan. 30]. Alaska Air and Horizon, Central Washington University, Clover Park Technical College and the Washington Aviation Alliance all testified in strong support of the

airports so that they can make improvements to airports and promote the general aviation industry.

“The program is aimed at improving Washington’s smaller airports by funding needed capital and preservation projects.

Department of Transportation (WS-DOT) Aeronautics account which funds many important operations such as search and rescue, state airport improvements and the airport grants program.

Representative Dent is currently the only professional pilot in the legislature according to the Washington State House Republicans.

He became a professional pilot in

He sold his flying business in 2014 prior to being elected to the state House of Representatives but has remained active in the aviation industry, currently serving as commissioner of the Moses Lake Municipal Airport and formerly chairing the Association of Washington Business’ aviation committee. He has also sponsored multiple aviation-related bills such as

Editor: Jack Belcher

Students pay over \$1,900 in fees each year

Tuition at CWU costs a full time student \$2,056.50 per quarter: With student fees, that number goes up to \$2,690.56

Payton Parke
Staff Reporter

Each quarter, a student at CWU will pay \$634.06 in fees. Annually, this adds up to a total of \$1,902.18 for a three-quarter academic year. In comparison, tuition for one quarter costs \$2,056.50.

Fees are assigned to all students in order to pay for on-campus services such as the health center, tutoring and the library.

One of the larger fees that students have is the \$102 fee that gives students access to the recreation center.

The fee for the recreation center is \$102 per quarter and is charged whether or not a student plans to use the recreation center. John Peterson, an undeclared sophomore, has mixed feelings about the fee.

“[I’m] not happy to pay it,” Peterson said. “It’s another fee but I understand what it goes towards so I can’t be too upset.”

Students can get this fee removed from their tuition if they don’t use the recreation center at all and don’t play any intramural sports.

Students have the sense that the

school has to pay for all of these services and this may require fees.

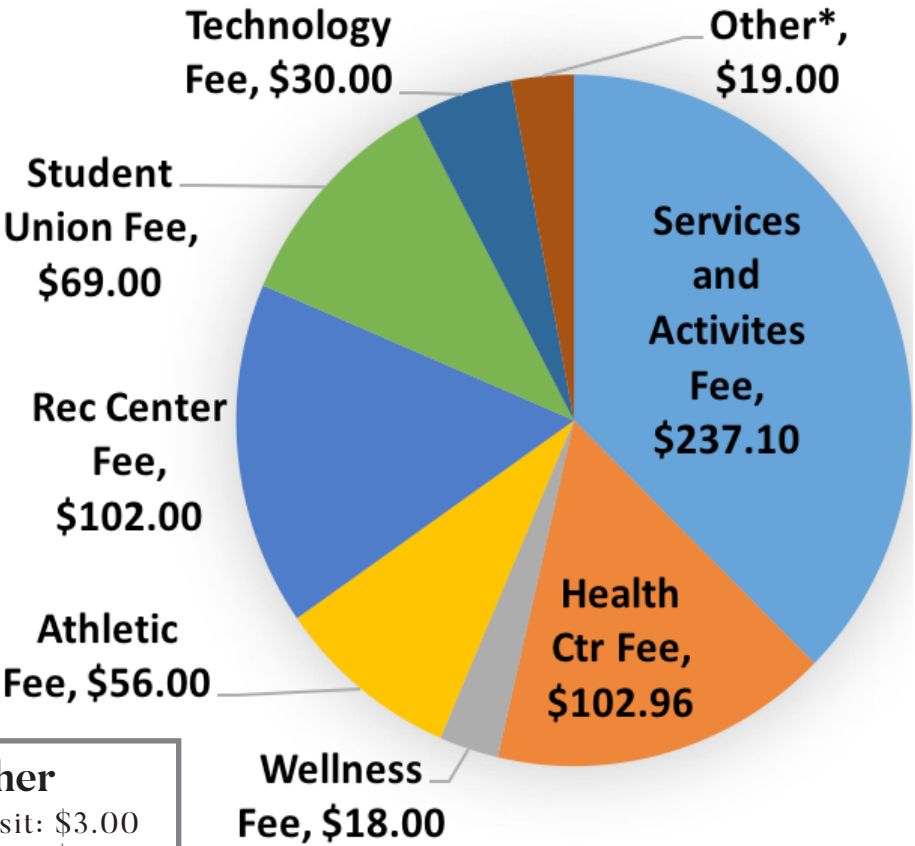
“It is not terribly surprising of course, lower fees are better for me, but I don’t know, the school has to fund itself somehow,” Peterson said.

CWU has 11 fees that are charged to each student each quarter. These fees range from \$1.00 to \$237.10 each.

The largest fee that students get charged is the students and services fee at \$237.10. This fee funds multiple programs ranging from Outdoor Pursuits and Rentals, to theatre arts to ASCWU Student Government.

Students can request waivers for four of the fees if they meet the requirements, Health and Counseling Fee/Student Medical and Counseling Clinic Fee, Student Union Building Fee, Student Wellness fee and the Student Recreation fee. Forms to waive a fee can be found online through the CWU website.

Fees are due at the same time as tuition. Students can view and pay their fees online at their MyCWU student account.



***Other**
Central Transit: \$3.00
Student Lobby: \$1.00
Tutoring Center: \$5.00
Library: \$10.00

Graphic by: Ryan Edwards/The Observer

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Editor: Jack Belcher

Students who bring overdose victims to hospital won't be charged with possession

Nick Jahnke

Senior News Reporter

The number of drug and alcohol-related emergencies involving CWU students has risen over the last year, according to Wellness Center Assistant Director Doug Fulp.

Fulp said that he attributes the rise in hospital calls and transports to students taking advantage of the good samaritan law, also known as RCW 69.50.315. The Washington law states that, "a person acting in good faith who seeks medical assistance for someone experiencing a drug-related overdose shall not be charged or prosecuted for possession of a controlled substance," according to Center for Opioid Safety Education, which, according to Fulp, has made the decision to call for help much easier for students.

The bulk of the emergencies have been the result of over-consumption of alcohol, but there have also been some recent incidents involving the mixing of multiple substances, according to Fulp. He said that for some people, the crossing over of different drugs can make it hard to keep a hold on reality. "And so for that person, they might

“

I'm more worried about that individual and what they have going on and the health risks that are involved.

”

-Doug Fulp, Wellness Center Assistant Director

not identify that as an overdose," Fulp said. "But, from my perspective, if you took a substance and you had an undesired outcome from it, I would consider that an overdose...so when we talk about good samaritan, I say it's good for everything, alcohol, cocaine, heroin, ecstasy, molly and marijuana."

According to Fulp, each time a student receives an assessment or treatment from the paramedics, a report is sent to him. He then reaches out to the student and suggests that they come in and discuss what happened. He said only about a third of the students he contacts are willing to come in and talk.

Some students, if hospitalized with no evidence that someone else used the good samaritan law, will find themselves in Fulp's office as a result of a CWU sanction, according to Fulp. Students who are found in violation of CWU policies, such as showing up to class under the influence of restricted substances, will also end up meeting with Fulp. He said that, although they have no choice in the matter, the conversations are no different from those he has with willing participants.

"Come talk to me, let's talk about this honestly and openly, you can ask

honest questions and I'll give you honest answers in a confidential setting so that way you understand what the heck happened," Fulp said.

Community Health Doctor John Asriel said that one of the biggest reasons people struggling with drug abuse and addiction don't always seek out treatment and/or medication is the stigma that surrounds drug use, and that being in a rural area like Ellensburg may amplify that stigma.

"For many years, we've thought of [addiction] as a character weakness and the treatment being to develop the character strength to not use," Asriel said.

Fulp said that the reported number of students using more illicit drugs like MDMA, cocaine, prescription opioids and heroin is low. He believes that the reports are not accurately representing usage on campus, and that a big reason for that is the stigma that surrounds these drugs.

Fulp thinks the actual number of students experimenting with hard drugs is higher than reported, and one of the big reasons is the 'college effect'. He said some college kids feel like they're invincible, and believe that they would never be the ones to end up in the hospital. Fulp said that some students are after the college experience depicted in films like "22 Jump Street," complete with parties, lots of booze and drugs.

If you think you are developing a substance dependency, or are con-



Nick Tucker/The Observer

Narcan nasal spray can reverse the effects of an opioid overdose until proper medical care can be given.

cerned that a friend of yours might be, the first and easiest step is to come into the Wellness Center Fulp said.

"People can talk to me about what's going on, I'm not writing things down to identify policies or laws that might be at play. For me, I'm more worried about that individual and what they have going on and the health risks that are involved," Fulp said.

Trump signs bill to keep government funded, declares national emergency

Nick Jahnke

Senior News Reporter

On Friday, Feb. 15, Trump declared a national emergency on the border, asserting that the movement of criminals and illegal immigrants from Mexico to the U.S. constituted a reasonable threat to national security.

Last Thursday night, Feb. 14, President Trump signed a spending bill that provides funding for nine federal departments through Sept. 30, 2019. The bill will keep over 800,000 federal workers paid into the fall, but only includes \$1.4 billion towards building additional bollard fencing (bollard fences are described as concrete-filled steel posts, strong enough to impede vehicles) on the border with Mexico, a fraction of the \$5.7 billion Trump originally requested.

The national emergency would allow Trump to divert \$3.6 billion from military construction projects, \$2.5 billion from counternarcotics programs and \$600 million from a Treasury Department asset forfeiture fund, according to the New York Times.

According to the Times, he deliberately cited fictional statistics and misinformation, and when reporters challenged his assertions, he denied any statistics

that didn't support his decision.

During Trump's announcement, he brought up the likelihood that his decision will be challenged in court. "Look, I expect to be sued," Trump said, and proceeded to predict that his administration would likely receive a series of unfavorable rulings but eventually win in the Supreme Court.

Speaker Nancy Pelosi and Democratic Leader Chuck Schumer released a joint statement in response to Trump's declaration, asserting that the national crisis is a false reality that Trump has created.

"The President's unlawful declaration over a crisis that does not exist does great violence to our Constitution and makes America less safe, stealing from urgently needed defense funds for the security of our military and our nation. This is plainly a power grab by a disappointed president, who has gone outside the bounds of the law to try to get what he failed to achieve in the constitutional legislative process," Pelosi and Schumer said in their statement.

In a tweet, Pelosi said that the clearest sign that Trump's emergency is fake was that he said he didn't really need to declare it, he just did it to speed up the process.

"I could do the wall over a longer period of time, I didn't need to do this. But I'd rather do it much faster," Trump said during his announcement.

By the end of the day on Feb. 15, the advocacy group Public Citizen filed suit on behalf of three landowners in Texas whose property could be taken

for the barrier. Additionally, New York and California announced they will be suing the president's 'vanity project,' according to the Times.

"The President is not above the law. The Congress cannot let the President shred the Constitution," Pelosi and Schumer said in their statement.

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Editor: Mariah Valles



(Above) **Aiden Knabel** is a junior graphic design student. Knabel created the piece for a digital drawing class during fall quarter titled “Lucid Nightmares.” The prompt for the project was to combine photos to evoke a dreamlike and nightmare sensation, Knabel said.

“I wanted to create a visual sensation of sleep paralysis and/or lucid dreaming. The inspiration came from a sleep paralysis nightmare I had a few years ago where I woke up in mid sleep from a nightmare I was having but was unable to move any of my limbs. I was still in a dreaming state to where I could hear a malicious and eerie presence coming from under my bed but I knew I was awake. I eventually broke from the paralysis and after a few traumatizing moments of telling myself it was just a dream, I was okay,” Knabel said.

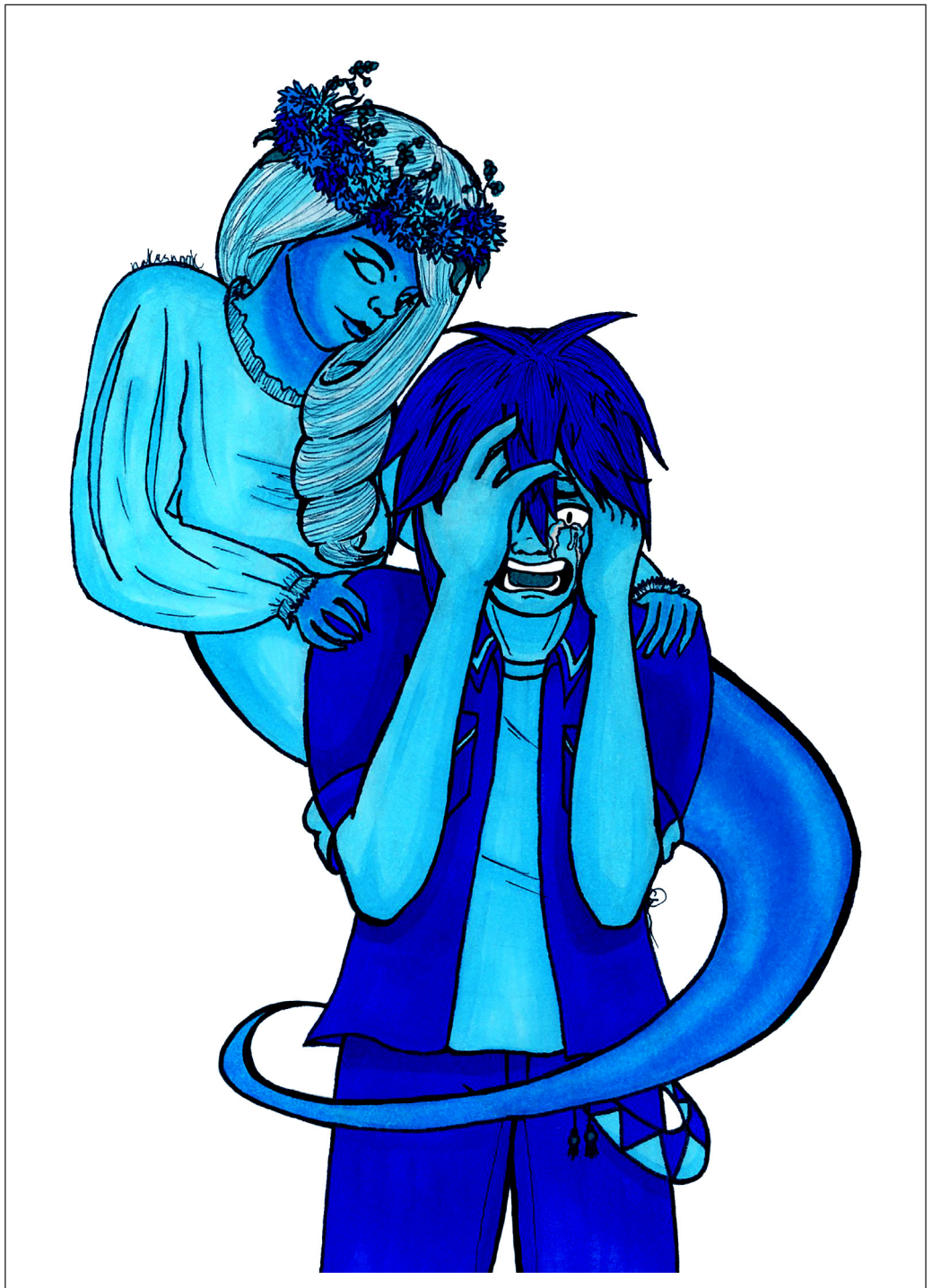
(Right) **Em Kaman** is a junior graphic design student. This piece, “Haunted By A Lost Lover” is an original character, Ryo Isuto, from Kaman’s project, Shuriken Souls.

The piece done in Copic marker shows Ryo Isuto being tormented by the memory of his dead fiancée Annika, Kaman said.

The main this piece was created was because Kaman’s fans voted for a monochromatic blue color scheme drawing.

Inspiration also came from the story when Ryo Isuto was engaged and on the day of his wedding, arrived late when the church where his fiancée was waiting at was burned to the ground. Ryo Isuto was unable to save his fiancée and has mourned and been full of guilt since then.

“I really wanted to capture the pain of him remembering his loss in this,” Kaman said. “[I] used my own experience with PTSD to truly capture the pain that comes with remembering horrific memories and how overwhelming it is.”



Editor: Mariah Valles



(Left) Lee Sullivan is a senior pursuing a Bachelor of Fine Arts degree.

"In my work, I am interested in an atmosphere of sacredness. I create allegorical pieces with imagery to which I have assigned meaning from a subjective rather objective perspective. Meanwhile, I reference existing religious imagery and conventions," Sullivan said.

The submitted piece "Decadence" serves mostly as a formal exploration. The medium is oil and latex on canvas.

Sullivan wanted to blend extremely flat spaces and elements, in this piece the sky and walls, with modeled figures.

"The figures are supposed to exist in a space that is unintelligible, decorative and crude," Sullivan said.

Sullivan wants the piece to be reminiscent of ancient art.

"It's a piece with a wealthy rat that has given its riches to some man," Sullivan said.



(Left) Andrea Thomas is a graduate student working towards a Master of Fine Arts with a concentration in drawing. She earned a Bachelor of Fine Arts degree at Angelo State University in San Angelo, Texas. Her hometowns are Spokane and Poulsbo, Washington.

This drawing was created during a Student Art Club's open figure drawing session.

This charcoal drawing represents Thomas' interest in the human figure and the deep complexity in every person. Thomas said this can be translated through the immediate and expressive practice of drawing.

"I chose to render the model in green because I felt the pose reflected a kind of defeated exhaustion," Thomas said.

Thomas said she loves the expressiveness that is possible when working on live figure drawings, as there is limited amount of time to capture the realism of the model and psychological aspects as well.

"There is no time to fuss over getting every detail right, so my drawings can be more gestural, with an obvious history of the process of making the work," Thomas said.

Thomas said she tries to keep her color palettes simple, somewhere between one and three colors, focusing more on representing a feeling rather than the actual "natural" colors of reality.

Submit student artwork to cwuobserver@gmail.com

Editor: Cassandra Hays

Sonya Renee Taylor advocates for radical self love

Sonya Renee Taylor, celebrated poet and author of the book “The Body is Not an Apology,” will be speaking at CWU on Feb. 28 at 8 p.m. in the McConnell Auditorium.

Cassandra Hays
Scene Editor

Where did you get the inspiration to write your book, “The Body is Not an Apology?”

I got the inspiration from someone saying “hey, you should write a book!” I was approached by a publisher who heard me speaking on a podcast, and I had always thought maybe I’ll write a book about this at some point. The universe just made it really easy. I was like well, it doesn’t get easier than someone bringing you a book deal! So that was where it came from. But the content and the information in the book is the work I’ve been doing for years and so it felt timely.

How do you exemplify body positivity in your everyday life and what is your advice to people who want to show more self love but don’t know where to start?

For me, I bristle with the words “body positivity” because I think it’s come to mean something really flat and apolitical, and radical self love is inherently a political act. So in terms of practicing radical self love in my own life, kind of the way I practice it is by looking at the places where I’m not practicing it. Looking for the places where I am living outside of my inherent belief that I am good enough and worthy just as I am in the body I have today. So anytime I see myself questioning my own value, I give attention to that area and explore, “where is that message coming from Sonya,” and “who told you that? Who is benefitting from you believing that and why are you choosing to believe that?” I start asking myself those questions and that helps me realign with my inherent truth and value, which is radical self love. Notice where you are believing those messages and then question those messages, question why you believe them. Question why you are choosing to subscribe to someone else’s profiting off your self hate.

What was the overall experience of writing your book like? Were there any challenges or anything particularly memorable?

It was incredibly challenging! It’s a great place to practice “where am I in my own radical self love journey?” I posted a while ago, I was like “I’ve written three books and I still have imposter syndrome.” And I still am like “I don’t know if I’m actually good enough, I don’t know if anyone will ever read this, I don’t know if my words matter!” And so all of those questions came up as I was writing this book, you know, all of those questions happened. And then I recognized that there’s just deep indoctrination. I’ve been deeply taught that my voice as a fat, black queer woman isn’t valuable. And so to actively challenge that by writing a book will bring up all the places where that belief is still deeply lodged. What I really had to do was be like “what is in my way and what do I need to do to move that block? What is in the way of my radical self love being expressed through this book and what do I need to do to remove that barrier?”

College is a time where a lot of people are still finding themselves and are just coming to understand what radical self love means to them. What are your feelings about speaking on a college campus?

I am trying to make an impact. I do it because my goal is definitely to spread this message as far and wide as possible, and I think that college campuses are fresh, fertile ground. I think that young folks are asking questions that when you get older you stop asking because you’re worried about bills. And so I think there are ways in which its the right time to begin. If we’re not going to start with three-year-olds, which I think is where you should start as it relates to the radical self love message because they’re already so close to it. If you’re going to figure out “how do I de-indoctrinate myself from these messages I’ve got?” College is the perfect time to do it because college is a time when we’re asking questions about those messages that we receive. So I love talking on college campuses because I think young people are going to take down these systems prayerfully.



Editor: Cassandra Hays

Campaign to promote body positivity

Continued from Page 1

Data from the National College Health Assessment (NCHA) last spring recorded that 36 percent of students said their appearance caused them significance distress in the last 12 months. Reeh discussed how many people deal with body image issues and eating disorders. According to her, many people think of eating disorders as an issue that primarily afflicts females. However, eating disorders affect people of all genders.

“This event reduces the stigma around what our bodies look like and what that appearance ideal is,” Reeh said. “It helps us to realize that our bodies are different and there’s not one appearance ideal for everybody. It also empowers the participants by affirming that their bodies are great just the way they are.”

According to Bailey Kinker, Vice President of Clubs and Organizations, the main goal of these events is for students to gain better knowledge and awareness of the topics presented during NEDA week as well as helping to advocate for the issues at hand. Kinker is a facilitator of The Body Project, which hosts different discussions relating to body image and body positivity at CWU. She discussed why she enjoys being a part of The Body Project.

“I’m a part of The Body Project because it helps to break down stigmas, to



Photo illustration by Shawna Hettick
The Body Love Campaign aims to inspire self love at CWU and in the community. Onlookers will have the chance to write positive affirmations directly on the bodies of those participating in the event.

break down social norms, help people understand how to combat them, and to better learn to love themselves,” Kinker said. “I think in general it’s really important to bring awareness to the topic because it’s not something that’s talked about very often and it’s a very important topic.”

Senior nutrition and food science major Hannah Gassman is another facilitator of The Body Project as well as an advocate for body positivity and

eating disorders. Gassman recently joined The Body Project and spoke about why positive body image and self love is important.

“It’s important because we only get one body in our life and it is our vessel to take us everywhere we go in our day to day lives,” Gassman said. “If you can learn how to embrace the body that you’re in, I think it will impact your overall sense of well being and happiness going through life.”

Everyone is encouraged to participate in the The Body Project, students, staff and faculty members alike. For more information on NEDA week as well as The Body Project in general, visit the Wellness Center in SURC 139 or email wellness@cwu.edu.

NEDA Week Events

-Body Love Campaign

SURC Pit, Feb. 25 at 11 a.m.

-Eating Disorder Awareness Panel

SURC Pit, Feb. 26 at 5 p.m.

-The Fat Liberation in our Classrooms workshop

Black Hall, Feb. 27 at 1:30 p.m.

-Sonya Renee Taylor

McConnell Auditorium,

Feb. 28 at 8 p.m.

-Smash the Scale!

SURC West Patio, March 1 at 11 a.m.

Students will compete in CWU’s Amazing Race



Photo illustration by Cassandra Hays
Students who participate in the Amazing Race will complete challenges on and off campus as fast as they can. Contestants will travel on foot, as no wheeled vehicles will be allowed in the race.

Scott Wilson
Staff Reporter

If you haven’t heard of CBS’s show “The Amazing Race,” you can experience CWU’s own version of it up close and personal. On May 10, teams of two will compete against each other to be CWU’s amazing race champions. With 20 challenges on and off campus, the duos will have to work together to be efficient and gain the most points by completing the challenges. Registration

for the race begins at the beginning of spring quarter.

Joanne Perez, assistant director of the Center for Leadership and Community Engagement (CLCE), led the event from 2010-2018. She explains they got their inspiration from the Amazing Race TV show and that it helps students practice their leadership skills. The teams need to work together to solve riddles that will get them to their destination to complete a challenge and acquire the next clue. With 10 challenges on campus and

10 off, it will likely take the participants to parts of Ellensburg they haven’t been.

“It’s a way to bridge the gap between our Central community from our downtown community,” Perez said.

Even though half of the challenges are off campus, teams are not allowed to use wheeled vehicles.

Gaining points by completing challenges is the way to win, but the efficiency with which teams complete the challenges can be the game changer. At the end of the day, if the top two teams come back with the same amount of points, the winner will be decided by who got back first. Teams need to be cautious of not flying through the challenges though. If a team doesn’t complete a challenge correctly or skips a challenge, then they do not get full points. If one team has more points than everyone else, it doesn’t matter how long it takes them. Each team is allowed only one skip for the day.

Ramsey Fruean, student program leader of the event from CLCE, explained some of the ideas for challenges.

A popular challenge that was done in past years was a wing challenge at Ellensburg’s Wing Central. Teams were challenged to eat the “hell wing,” the hottest wing on the menu. If participants struggle with that obstacle, they have the option to use their skip.

Another challenge would be ROTC’s challenge course. This would test participants’ athletic ability by making them weave their way through a ropes course at an elevated height.

A new pit stop Fruean would like to test out is a singing challenge, possibly a duet like karaoke or a high-note challenge between partners.

The CLCE’s goal is to provide a wide variety of obstacles for the teams to become more familiar with and explore new parts of Ellensburg they haven’t experienced.

“There are so many things we could possibly do, I want to do a preview of what teams would think about it,” Fruean said.

Teams will be competing for a trophy and bragging rights. In previous years, the prize was a \$500 waiver provided by the enrollment management department. After new leadership came in, the waiver was removed and used for other purposes.

Participants and volunteers are expected to get event t-shirts while the winners get a trophy, and the runner-ups will get ribbons. Contact CLCE in SURC 256 to register.

Amazing Race

What: A competition open to CWU students

When: May 10

Where: On campus and in the Ellensburg community

Cost: Free

Editor: Cassandra Hays

Students climb to the top at Ropeless Rodeo



Cassidy Simpson/The Observer
CWU student Kayla Gallentine scales the climbing wall in the Rec Center. Ropeless Rodeo will center around a rock climbing technique called bouldering, which focuses on overcoming challenges within different routes.

Rune Torgersen
Copy Desk Chief

This Saturday, Feb. 23, the CWU Recreation Center's climbing wall will be swarming with competitors going for the top, both literally and figuratively. The Ropeless Rodeo Bouldering Competition is open to anyone above the age of 18, regardless of experience. It is expected to draw between 100 and 140 climbers from 14 different schools according

to Aubrey Edwards, a senior majoring in public health. Edwards is overseeing the process of setting the climbing routes for the competition this year.

"Countless hours are being put in this week by our setters to make it as great as it can possibly be," Edwards said. "Our entire goal beyond having fun new routes for everyone to climb is to create a competition you can just have fun at with your friends."

The competition is in bouldering,

which is a form of rock climbing that's focused less on vertical distance, and more on technique in overcoming different routes, or "problems," which are ranked based on difficulty. Competitors score points based on the difficulty of the route taken, and the amount of attempts it took them to reach the end. One thing that doesn't factor into scoring is time, according to Climbing Wall and Challenge Course Coordinator Melissa Robertson. Robertson said that while the competition is being scored, it is also a friendly place to be for newcomers to the sport.

"There's something for everybody, even if you're pretty new or if you've been climbing for a while," Robertson said. "It's a really supportive environment, everyone is encouraging people. It's not like a match where you're trying to beat someone else, you're just trying to do your best."

The Ropeless Rodeo is a part of the Northwest Collegiate Climbing Circuit (NC3). According to their website, the NC3 is one of the largest collegiate competitive series in the country, with CWU as one of the three founding members. The organization now boasts 14 involved universities, all of which send a couple of participants to each event in the circuit. The NC3 hosts competitions all over the northwest each year, at the University of Washington, Western Washington University, CWU, Washington State University, Whitman College, University of Oregon, Oregon State University, Eastern

Washington University, Portland State University and the University of Idaho.

The event is designed to be accessible to just about anyone, no matter how much climbing they may have done in the past. Bouldering is done without a harness, which may make it more accessible to those who have previously been turned off by the complicated-looking harnesses involved in other forms of rock climbing. Additionally, certain routes are easier than others, meaning that any competitor, regardless of skill level, can find a challenge that will push them without being downright impossible.

The event is also an opportunity to explore CWU's climbing wall. The wall is a featured wall as opposed to a flat wall, which means it has more variety in the textures and angles that a climber might traverse, according to Edwards. They are a strong proponent of giving climbing a fair shot.

"You'll never know if you don't like it unless you try it," Edwards said. "If you try it out and like it, you can enjoy a fun new hobby and be a part of a great community, and if you don't like it, then at least you can say you gave it a go."

The Ropeless Rodeo will be held Saturday, Feb. 23 at the climbing wall in the SURC Rec Center from 8:30 a.m. to 8 p.m. Registration will cost \$35, and is limited to the first 140 contestants. A youth version of the event for 6- to 17-year-olds will be held the night before, Friday Feb. 22, from 5-7 p.m.

Yellow Church Café an icon in community

Skyler Jensen-Hampton
Staff Reporter

The Yellow Church Café is owned by Oscar Guition, who has owned the restaurant for the last five years.

Guition moved from Mexico and has been in Washington for the last 25 years, cooking professionally. "Guition also owns another restaurant in Roslyn called the Roslyn Mexican Grill."

"I grew up eating in a certain way. All fresh, homemade, and seasonal products and so that is how I identify my products. I cook what I was raised doing," Guition said. "From the building standpoint, Yellow Church is a landmark, has a unique look, and kind of has a hipster feel to it and that is why I bought this building."

According to Guition, the Yellow Church Café offers a new seasonal dish every season.

This winter they are offering braised boneless beef ribs.

Along with the seasonal winter dish, the café offers daily specials during lunch and dinner. The restaurant also has a full vegan menu for those who choose not to eat animal products.

Guition recommends anyone coming in for the first time to try their biscuits and gravy for breakfast, their "holy moly" chicken sandwich for lunch and the New York steak for dinner.

"We like to invite all CWU students

to come and give us a try," Guition said. Yellow Church Café offers CWU students with a connection card a five percent discount.

Brigitte Weaver has been a server for The Yellow Church Café for over a year and has lived in Ellensburg for most of her life.

She found out about the position through a friend. Weaver said what she likes most about Yellow Church Café is the food.

"It is fresh ingredients, it is local ingredients, and seasonal. So everything is just fresh and it is good,"

Weaver said.

Weaver said a popular dish that people order is the "holy moly" chicken sandwich on the heavenly loaf.

The heavenly loaf is like a savory cinnamon roll. It is a cheese swirl bread topped with cheddar, parmesan and fresh herbs.

Weaver has been in the serving industry for the last 10 years. She said that the Yellow Church is different from other restaurants she has worked at because the café has preserved a historic and homey feel.

"What makes this place so special and unique is nothing is made out of a can or from a powder or anything like that," Weaver said. "I know when I am bringing someone a plate of food, I am confident they are going to like it. Everyone always tells me they are blown

"We like to invite all CWU students to come and give us a try."

-Oscar Guition, owner of Yellow Church Café



Heather Stewart/The Observer

The Yellow Church Café, located at 111 S Pearl Street, is known in the community for its relaxed atmosphere and homestyle cooking. The building is difficult to miss with its bright coloring.

away when they eat here."

Rachel Davey is a senior at CWU and tried Yellow Church for the first time after a recommendation from a friend. She tried the eggs benedict and a chai tea.

"I had a great experience," Davey said. "The vibe was so welcoming and the service was great. The food was de-

licious and I was not disappointed."

The Yellow Church Café is open seven days a week and offers breakfast on Friday, Saturday and Sunday starting at 8 a.m.

Lunch and dinner is served every day, with lunch served 11 a.m. to 4 p.m. and dinner from 4 p.m. to 9 p.m. They are located at 111 S Pearl Street.

Editor: Cassandra Hays

Professor Elaine Glenn teaches by experience

Cassandra Hays
Scene Editor

Professor Elaine Glenn is well known within the geography department for traveling to different countries and bringing her experiences back to the classroom. Glenn teaches multiple sections of World Geography as well as upper division geography courses such as political geography, geography of Russia and geography of the Middle East.

Glenn was born in England and lived in Portugal and Africa, among other places, before moving to the United States for college when she was 21. Glenn attended Brigham-Young University in Provo, Utah, where she graduated with a bachelor's degree in international relations with a minor in geography. She still has family in Portugal and England, whom she visits regularly, while her immediate family lives in Ellensburg with her.



Heather Stewart/The Observer

Elaine Glenn stands in the atrium in front of the geography department. She looks forward to

“I love combining my interest in the world with school. I go to places I teach about.”

-Elaine Glenn, geography professor

Glenn's hobbies include reading, quilting, scrapbooking and traveling. She travels frequently and applies her experiences to her teaching. In 2013, she got the opportunity to go to China and Russia and travel along the Trans-Siberian Railroad. This past year she went to Israel.

“I love combining my interest in the world with school. I go to places I teach about,” Glenn said. “Mostly I just love being able to talk about places in the world that are so interesting to me, and Central gives me that opportunity to travel and be able to share what I've learned with students.”

Glenn said her favorite places to teach about are Russia and the Middle East. She alternates teaching about these locations each fall quarter. For fall 2019, she will be teaching geography of Russia.

Glenn came to Ellensburg in 1991 and began teaching at CWU in 1992. Initially,

she taught part-time with only one class during the evenings while she raised her family. When her youngest daughter was old enough to go to all-day kindergarten, she began to teach more classes. Glenn said she likes Ellensburg's small-town feel and sense of community.

Glenn said she wouldn't be here if it weren't for her college professors, who inspired her love for geography. Originally, she intended to pursue a degree in elementary education, but she quickly changed her mind after taking a few geography classes.

“There were a couple professors that

I admired who put me on this path,” Glenn said. “I really loved my geography classes, so I went on to get a masters degree in geography.”

Glenn added that one professor in particular presented her with the opportunity to teach a class as a graduate student. This led her to her first teaching job at Cypress Junior College in Orange County, California, where she taught for five years before moving to Ellensburg to teach at CWU.

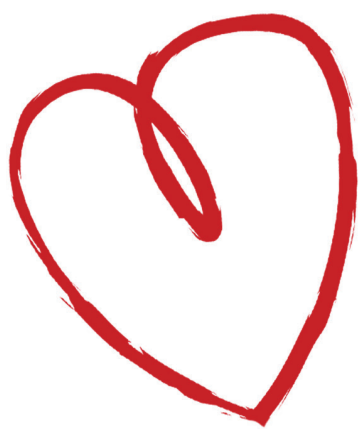
“Because I had already taught as a grad student, they were willing to give me a chance,” Glenn recalled.

Over the last 25 years, Glenn has seen many changes to CWU. She said the biggest difference is the way her teaching has changed with the introduction of new technologies.

“I think how we teach over time has changed and I think you have to adapt your teaching to engage your students, to keep them interested,” Glenn said. “Over 30 years we have gone from no digital to all digital. When I first came here we didn't even have powerpoint.”

Glenn said she loves being part of the geography department in particular. Their welcoming attitude makes her feel like she is part of a family. She also notes that the secretary of the department does a great job making students feel comfortable.

“I think we have a really nice department here,” Glenn said. “I think it's a nice sense of community in the department and I think we try really hard to help students with their schoolwork, but also to feel like they have a home.”



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CAHO



Breaking Down Cultural Barriers One Step at a Time: Zumba as a Communication Tool

February 28 | 7pm | Iron Horse Pub
Jamie Gilbert | Communication Department

Ireland opens its borders to refugees from over 15 countries, 63% male and 37% female (28% are children). Communication Professor Jamie Gilbert will discuss how CWU students used music and dance as a communication tool to overcome cultural and language barriers when working with refugee families in Dublin, Ireland. Along with Gilbert's discussion, CWU student Vicente Garcia will lead the audience in Zumba routines he choreographed and used while studying abroad with Professor Gilbert in Ireland last August.



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ORKZ



Georgia Mallett/For The Observer

Left: ASCWU President Edith Rojas listens to senior elementary education major Bailey Malizia ask a question about the public getting information from police scanners. Rojas spearheaded the organization of the event along with the President's Office. Top right: A student reads a flyer made by an independent student organization titled "CWYou." The flyers were handed out to students gathered in the SURC Pit prior to the start of the forum and detail concerns about the university's response to the active shooter threat. Bottom right: CWU President James L. Gaudino listens to student concerns. Gaudino, along with CWU Police Chief Jason Berthon-Koch, Provost Katherine Frank and Chief Information Officer Andreas Bohman responded to students during the forum.



STUDENTS VOICE CONCERNS ABOUT ACTIVE SHOOTER FALSE ALARM

STORY AND DESIGN BY ALEXA MURDOCK

Continued from Page 1

LACK OF COMMUNICATION FROM THE UNIVERSITY

Other students expressed concerns regarding how the university handled official communication with the public during the two hours the school was on lockdown. Twitter was the go-to form of communication the university used between the original and final RAVE Alert! messages. Bohman understood the concerns students had with Twitter as a legitimate news source during emergencies. "We thought that communicating with Twitter was a viable alternative," Bohman said. Bohman also noted that the CWU Police and Parking Twitter account was spoofed during the active shooter threat. These accounts were pretending to be "actual, authoritative sources" when in reality they were not verified or run by CWU and were posting unconfirmed information. "We can't turn off Twitter, but we can certainly make sure that we communicate more effectively," Bohman said.

In an effort to organize information on Twitter, Public Affairs Coordinator Dawn Alford posted a tweet on the official CWU Twitter account with the hashtag "#CWUActiveShooter." A student raised a question about the effectiveness of a hashtag during a legitimate emergency situation. The CWU official Twitter only used the hashtag twice. Hashtags can be used by any account on Twitter.

SPREAD OF MISINFORMATION ON SOCIAL MEDIA

Another issue brought up at the forum was the way social media played a part in escalating both the situation and the fear of some students. "Twitter created emergency," Gaudino said regarding the two-hour lockdown on the night of Feb. 6. Gaudino said that during the event, he simultaneously had Twitter, police scanners and the CWU police radio open. Rumors spread of the situation on Twitter faster than Gaudino or the CWU police could verify. "We were overwhelmed [by social media]," Gaudino said. "We knew within a minute that we had lost control of that environment."

Gaudino and Bethon-Koch both addressed the issue that police scanners are not always valid forms of information in an emergency. According to Gaudino, scanners that were giving information about local hospitals deploying their active shooter protocols were misinterpreted on social media. For example, Twitter users reported that students were being airlifted when in reality hospitals were only preparing helicopters in case they needed to airlift shooting victims. Berthon-Koch explained that police scanners are often operating on split frequencies, which means that a person listening to a single police scanner stream is only receiving a portion of the information. Berthon-Koch also said that police jargon varies from district to district and can be easily misinterpreted. When CWU police were reporting the "all-clear" on scanners, they were only clearing specific buildings which had reported threats. Misinformation on social media makes it difficult for emergency responders to respond to events because there is no clear channel of information. "If you don't see it firsthand, please don't tweet it," Berthon-Koch said. "You can put people's lives in danger."

WHAT TO DO WHEN THERE'S AN ACTIVE SHOOTER



Graphic by: Ryan Edwards/The Observer

If you are in an active shooter situation, you have three options: escape, hide or neutralize the threat. Think quickly and do what is necessary to survive.

ESCAPE

- Always escape an active shooter situation if possible.
- Help others to escape, but always make sure you're out of danger.
- Follow the shortest escape route.
- Warn others against entering the building as you escape.
- If you encounter police, raise your hands to show you're not armed.
- Call law enforcement only when you are out of danger. Give them the location of the incident and any other useful information you know about the shooter.

HIDE

- If you can't escape, hide from the danger.
- Don't hide in a confined place. This can trap you in the path of danger if the shooter gains entry.
- Lock and barricade the door, then turn off all of the lights and close any blinds.
- Be as quiet as possible. Only call 911 if it will not alert the shooter. Leave the line open for the dispatcher if you can't speak.
- If you're with others, don't huddle together. Spread out and develop a plan for if the shooter gains entry.

NEUTRALIZE THE THREAT

- Only attempt to engage the shooter as a last resort.
- Don't attempt to negotiate with the shooter.
- Improvise weapons out of anything possible.
- Use fire extinguishers, chairs, tools, or any heavy object to defend yourself.
- Act offensively rather than defensively.
- Strike the shooter hard and with purpose.
- Commit to your decision. Do not back down.

Information sourced from SkillBrief: Active Shooter Survival Principles and is property of Skillsoft Ireland Limited.

Editor: Hanson Lee

A homerun trot filled with changeups: Jimmy Smith III

By **Dez Rodriguez**
Senior Reporter

James Smith III, also known as Jimmy Smith III, walks into the Philadelphia Phillies facility at 6:15 a.m. The glowing Philly logo on the building breaks the sky's darkness. The bright light reminds him that he is in fact part of the Phillies organization. Through the cross country moves, initial classroom struggles and family health problems, he has made it.

"I'm still trying to take it all in. I still can't believe it some days," Smith III said.

The Nation's Capitol to the Golden State

Born in Washington D.C, Smith III was introduced to the game of baseball at 3 years old. On Saturdays, his father would take him to watch the Orioles play at Camden Yards, which never left him, according to Smith III.

"It might have just been three or four times, but my dad made pancakes Saturdays and it always seemed like we were going to watch the Orioles play," Smith III said. "I've been able to hold onto that memory and let it ride."

Smith III moved to Riverside, California when he was five years old after his dad took a new job to be the Budget Director for the city of Riverside. He was signed up for t-ball that same year and immediately fell in love with the game. He continued to play through high school.

After graduating from Norco High School, Smith III had interest from the University of Miami. Unfortunately, Smith III had to pay out of pocket. The cost was something he wasn't able to cover at the time, so he decided to try something closer. He chose Fullerton Junior College, only 40 minutes from home.

Smith III found success on the field his freshman season but ran into a roadblock in the classroom starting his sophomore year, when he failed a class and ultimately was removed from the baseball team. Smith III was determined to return to the field.

"I remember working at a smoothie shop in May when I got a call from coach Ken Wilson from Central," Smith III said. "He saw me playing at a player

showcase and said if I can make myself eligible again by taking summer classes, they'd love to have me up there."

Smith III worked hard that summer and got his classes straightened out. Committing to CWU was a shock at first because he hadn't been up north since his time back home in D.C. However, Smith III admitted to falling in love with

said. "I knew he didn't want me to stop just because he's a little sick. I had to keep working."

Smith III said he had to slow things down. If the team had practice at 2 p.m., he would show up at 12:30 p.m. in the batting cages with a bucket of balls doing tee work. Everyday, he made the effort to get 150 swings off

Baseball draft Smith III was excited about the opportunity ahead.

"I was constantly checking my phone feeling like an hour would pass by so I'd check again but it had only been 15 minutes," Smith III said.

However, that excitement came to a halt after the last round concluded and his name was not called.

"I was disappointed, not so much sad and breaking down, but that I had to call my mom and talk to her about what that meant," Smith III said. "I was still proud that I accomplished something that a few years prior I didn't think I'd have the opportunity to do, which was graduating from college."

Smith III packed his belongings and went back home to California. His mom held a backyard barbecue to thank everyone for helping them through tough times.

"I was two or three days home already, I should have been happy. I don't know why I was in a sour mood all day," Smith III said.

All of a sudden Smith III's phone rang with a call from the Philadelphia Phil-

lies scout he had been talking to during the season. They offered him a chance to play for their organization, which created a smile from ear to ear on Smith III.

"It was pretty cool because we had everybody already there," Smith III said. "It was a low-key signing party when I didn't even know I was going to sign earlier."

Gulf Coast League Phillies East

Smith III played his rookie season for the Gulf Coast League East last year for the Phillies. Like CWU, he started out cold going one for 21 at the plate before ultimately hitting .280 to finish the season.

"I kind of go back to that point at junior college, how failure allowed me to have more of a appreciation to the game," Smith III said. "Just making sure that I don't let people down like I did before."

Smith III heads to spring training in Clearwater, Florida on Feb. 24. Afterward, he travels to Lakewood, New Jersey to play for the single A affiliate Lakewood BlueClaws.

"When I look around the facilities that I practice at now, I tell myself I've made it this far through everything I've been through," Smith said. "Who says I can't make it all the way?"



Photo illustration by Heather Stewart
Courtesy of CWU Athletics & Jimmy Smith III
(Left) Smith III while playing at CWU. (Right) Smith III alongside his sister. Smith III is now officially a part of the Philadelphia Phillies organization.

“Who says I can’t make it all the way?”

Jimmy Smith III, left field

the school and the state quickly.

As classes rolled around, Smith III felt the pressure of already having messed up his grades once. As time went on, his confidence built and he started passing his classes. He proved to his coaches that he could put in the work, making it back onto the baseball field as a result.

"I was super grateful and fired up. I didn't want to go back to working in smoothie shops," Smith III said.

The first year back to the field wasn't a smooth showing at first, starting one for 23 at the plate.

"I knew I could do it, I knew everything was there," Smith III said. "I think I was just a little too fired up and got too ahead of myself."

Nov. 30 2017

On Nov. 30, 2017, Smith III was walking home from class when he noticed a voicemail from his coach, telling him that his father had been hospitalized due to a stroke. In the midst of preparing for his senior season, he now had to cope with the heart-dropping news.

"It felt like everything in my life kind of shifted perspective. Next thing I know, my skateboard is 40 feet away from me down the road," Smith III

the tee, and the extra work ultimately showed on the field for CWU head coach Desi Storey's team.

"My main goal going into senior year was to see how good I could really be," Smith III said. "I was going to work as hard as possible and see where I ended up."

Smith III ended his senior year amongst the conference leaders in batting average (.368), hits (70), runs (54), slugging percentage (.642), doubles (20), RBI (48) and home runs (10). The high performance lead him to being selected as the GNAC player of the year. Teammate Justin Hampson and the rest of the team said this couldn't have happened to a better person.

"I got a front row seat to some of the hardest hit balls that I've ever seen in my life," Hampson said.

"You could see him maturing and the progress he made," Storey said. "He's such an athlete and has great work ethic."

The MLB Draft

The month of June came around and it was time for the Major League



Graphic by Bryan Edwards for The Observer

Editor: Hanson Lee

Men's basketball on the brink of elimination

By Austin Lane

For The Observer

With four games left in the regular season, the CWU men's basketball team will more than likely not be preparing for the 2019 GNAC men's basketball championship. The GNAC takes six out of the top 11 teams in the conference to the tournament. Currently, the Wildcats sit in tenth place and are one loss from being mathematically eliminated from contention.

After starting the season on a three-game conference losing streak, the team returned home and won two out of three against GNAC opponents Montana State University Billings and Simon Fraser University. The Wildcats then lost to WWU and University of Alaska Anchorage. In their next game, the Wildcats defeated University of Alaska Fairbanks in head coach Greg Sparling's first game against CWU after coaching the Wildcats for more than 30 years.

Since that win, the team has gone on a 1-7 skid, putting them out of contention for the postseason. Their only win was yet again against Alaska Fairbanks in Sparling's homecoming game.

Wildcat head coach Brandon Rinta sees improvement in his team, but knows getting to the top of the GNAC isn't an automatic process.

Rinta will begin to find replacements for seniors finishing their last season on the team.

Rinta said he has tremendous respect for seniors Naim Ladd, Malik Montoya, Drake Rademacher and Jackson Price.

"I've really enjoyed the opportunity to coach them this season," Rinta said. "I'm grateful for their dedication to academics... I'm as proud of them as anything."

Ladd reflected on his time at CWU and had mixed emotions about it coming to an end.

"It's kinda been a bittersweet moment for me, kinda sad at the same time too. I've been enjoying this last ride with my brothers and I'm just having fun at the end of the day," Ladd said.

CWU barely lost both games this season to the current number two team in the GNAC, the Northwest Nazarene University (NNU) Nighthawks. In their first matchup, the Wildcats led 87-83 with 2:57 left in the game before ultimately losing 90-87. In their second meeting, the Wildcats dominated the Nighthawks at home in the first half and led the game 57-41 at the break. NNU started the second half on a 37-23 run to tie it up at 80 a piece and eventually won 96-93.

The team's final regular game of the season will be against Saint Martin's University (SMU), another team CWU did well against this year. SMU is the current number one team in the GNAC. In the first game between the two teams earlier this season, CWU showed signs of keeping up with the GNAC conference leaders, losing by only eight points. However, it was early in the season, and SMU only had a 1-0 conference record at the time.

With the season nearly over, players get a chance to continue progressing



Shawna Hettick/The Observer

Men's basketball looks on at their teammates during their recent home game against the Alaska Anchorage Seawolves. The Wildcats lost once again, their seventh in the last eight games.

without having to worry about the stress levels of the regular season schedule.

"The offseason is about getting better individually. We'll be focusing more on skill development, our guys are going to be able to focus on the weight room and reap the benefits there without having to worry about the pounding of the season," Rinta said.

Heading into the final stretch, Rinta looks to reinforce the importance of team chemistry.

"More important than how players play is how players play together," Rinta said. "Teams that play together always, if not for the most part, beat more talented teams that don't play together."

The team is on the road this week to take on Concordia University on Thursday and Western Oregon University on Saturday. After that, the team ends the season at home with games against Seattle Pacific University and SMU on Feb. 28 and March 2.

Women's basketball aims for fifth straight tournament bid

By Hanson Lee

Sports Editor

With only four games left to go in the regular season, the Wildcats currently stand at fourth place in the GNAC with an overall record of 15-8 and a GNAC record of 10-6. As of now, the team has yet to clinch a tournament spot for the 2019 postseason, but with the GNAC qualifying the top six teams for the tournament, the Wildcats continue to hold the odds in their favor. Wildcat head coach Randi Richardson-Thornley said that the Wildcats still need to improve both offensively and defensively as a whole, but that trusting the process and continuing to compete everyday will be beneficial for the team's overall growth.

"We gotta take one game at a time, give each game our best and let the chips fall where they may," Richardson-Thornley said.

At the moment, the Wildcats are sitting behind Alaska Anchorage University (AAU), Northwest Nazarene University (NNU) and Simon Fraser University (SFU) in the GNAC standings. AAU, NNU and SFU have already clinched GNAC tournament spots for the postseason, with AAU and NNU holding the top two spots, boasting equivalent records of 23-1 overall and GNAC records of 15-1. SFU currently holds the third place spot in the GNAC standings with an overall record of 16-7 and a GNAC record of 12-4.

Last season, the Wildcats finished the regular season with an overall record of 15-14, qualifying for the 2018 GNAC tournament, but would fall to



Shawna Hettick/The Observer

Women's basketball huddles before their game against the Saints earlier this 2018-19 season. The Wildcats will look to qualify for the 2019 GNAC tournament in the coming weeks.

Montana State University Billings in the first round, 73-75. With Richardson-Thornley officially completing her first season at the helm of Wildcat basketball that year, Richardson-Thornley expressed that this year's team has only been able to build and improve upon last year's result.

"This year's team isn't what it is without last year's team," Richardson-Thornley said. "I think without the work that they put in last year, we wouldn't be

where we are this year."

Wildcat guard Alexis Pana has high expectations for the team as the regular season comes to a close. The junior has been able to take her game to new heights in her third year as a Wildcat, averaging a team high of 15.0 points per game (PPG) to go alongside a team leading 110 assists. For Pana, it's all about maintaining a high level of confidence for herself as well as her teammates.

"Randi always talks about sharing

the love and I think we do really well with that," Pana said.

Sophomore power forward Kassidy Malcolm has been a major presence on the court alongside Pana this season. In 23 games, Malcolm is averaging a solid 11.0 PPG and is boasting a team high of 9.1 rebounds per game. Right now, Malcolm stated that the team is staying focused on the impending regular season games that lie in front of them.

"We need to finish out the season strong and get the wins that we're supposed to win," Malcolm said.

In the last four seasons, the Wildcats have qualified for the GNAC tournament in each consecutive year, but have only been able to accumulate one tournament win during that time span. With high hopes that the Wildcats can make a postseason run in the 2019 GNAC tournament, Richardson-Thornley believes that this year's squad is more than ready to do some damage when it truly counts. Richardson-Thornley put it clearly that the Wildcats' potential end-of-season success and possible tournament heroics stand largely dependent on the team's ability to stay confident and composed down the stretch on both ends of the court.

"The cool thing about our team is that we have always five people on the floor who can score, so it's trusting each other and trusting what we do and playing team defense and team offense," Richardson-Thornley said. "In order for this program to evolve and be at the level that we want, we want to be able to compete not just in the GNAC regular season, but in the GNAC tournament."

Editor: Hanson Lee

The art of acing life: Tyler Hoefer

By Dez Rodriguez
Senior Reporter

Tyler Hoefer, Delta B.C., Canada Sands Secondary School

18-year-old Tyler Hoefer was on the mound getting set to pitch the biggest game of his young life. It was the gold medal game at the 2015 Canada Cup Championships in Saskatoon, Canada. Hoefer put on a show, throwing a complete game two hitter, allowing one unearned run and striking out seven batters, propelling British Columbia to a 10-1 victory over the then undefeated Saskatchewan team.

The performance was exactly what Hoefer had been working towards his entire life. With no high school baseball program back home, his journey has had its difficulties.

Growing Up

As a kid growing up in North Delta, B.C, Canada, Hoefer had always been a two-sport athlete. His arm strength had the coaches playing him at short-stop, while he was mainly a wing when he was on the ice playing hockey.

“Pretty much every Canadian kid plays hockey at one point of their life,” Hoefer said. “I just had more success and more fun playing baseball being outside and visiting all the ballparks.”

Being able to play through the summer was also something that Hoefer enjoyed. Especially after his high school, Sands Secondary, didn’t have a baseball team. The school only had 7-800 students according to Hoefer, so the aspiring baseball players were forced to join community teams instead.

Hoefer first noticed his potential on the mound when he was 15-years-old playing for the Richmond Chuckers, a Bantam League AAA baseball team. Hoefer said that he had a stellar season and was one of the top pitchers in the league, but his team was not good enough to advance after the season ended. However, a team that did, the Cloverdale Spurs, picked him up to play on their team and eventually won the provincial championship that year.

The skills of Hoefer helped him be selected as one of 160 players across the country to play in a five-day tournament designed to showcase the best Canadian born players. Professional scouts and college recruiters were in attendance and watched the stellar performance in the Canada Cup championship game where he threw the complete game.

Central Washington University

When it was time to look at possible universities to attend in the states, Hoefer sent out his information and a highlight video of himself to D1 and D2 schools. A D1 school in New York replied, but the distance away from home was not optimal. When CWU head coach Desi Storey contacted him, Hoefer jumped on the opportunity to schedule a visit. He worked out in November of 2015, and committed to playing baseball in Ellensburg the next month.

“They really showed me the most interest. It was only four hours away

from home, so that was important for my family,” Hoefer said.

The lack of a high school baseball team may have been a blessing in disguise for Hoefer. The organized community baseball teams were often year-round programs, which allowed them to focus more of their attention on the sport as a whole.

“In January, they start throwing pens and hitting in the cages,” Storey said. “They have very extensive baseball programs. High schools here are not able to do that.”

Hoefer arrived at CWU with Jesse Unger and the brothers Yi-An and Yi-Fan Pan, all committing after playing together on select teams in Canada. Storey said that the familiarity between the players allowed the transition to go smoothly and CWU provided a good fit for all of them. As the season went on, Hoefer became more of a pitcher and less of a hitter.

“His velocity started climbing, so coach Camas and him talked about being as good as he possibly can at the pitching standpoint,” Storey said. “He has a chance to be pretty dominant for the next two years for us.”

Hoefer had already thrown 86 mph into senior year. Last season, he finished with a 5-0 record as a relief pitcher while touching 92 mph last spring.

“It’ll climb as he gets in game shape. He has a great arm and has gotten better each year,” Storey said.

Moving Forward

This season, Hoefer made the switch from the bullpen to the starting rotation. Him and senior teammate Conner Stevenson will lead the starters hoping to get back to the GNAC tournament after finishing third last season.

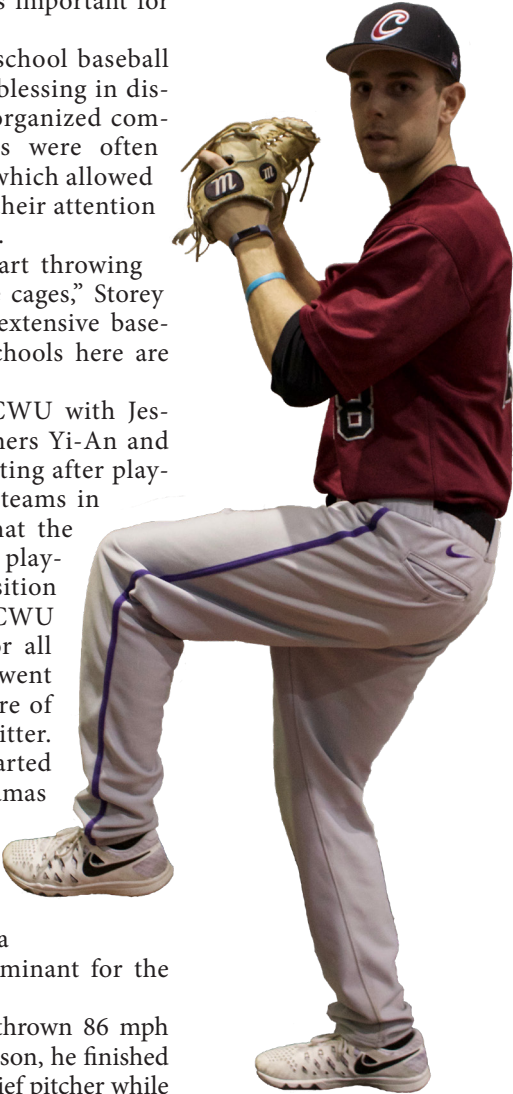
“He proved himself last year so I think coming forward this year, he’s going to be really successful,” Stevenson said. “He has great pitches, executes them, and he’s always relaxed on the mound.”

Stepping into the starter role has allowed Hoefer to have a better preparation before the game. Getting to compete against all of the hitters and knowing ahead of time when he’s going to pitch is what Hoefer enjoys the most.

“As a reliever, you’re expected to be ready to go whenever,” Hoefer said. “It’s unknown, you have to be ready at anytime so it may be a little harder sometimes to stay focused maybe throughout a whole weekend.”

Hoefer is working to get his law and justice degree. The program being offered helped Hoefer confirm his decision to commit to CWU and the athletic scholarship he earned with the Wildcats is helping him achieve his goals as a collegiate ball player. Aside from baseball, he wants his future to involve border security back home in Canada.

“I’ve never been a big social guy, but just continuing to do my job 100 percent will help benefit me on and off the baseball field,” Hoefer said.



- 2019 Mound Visit -

WHIP: .99

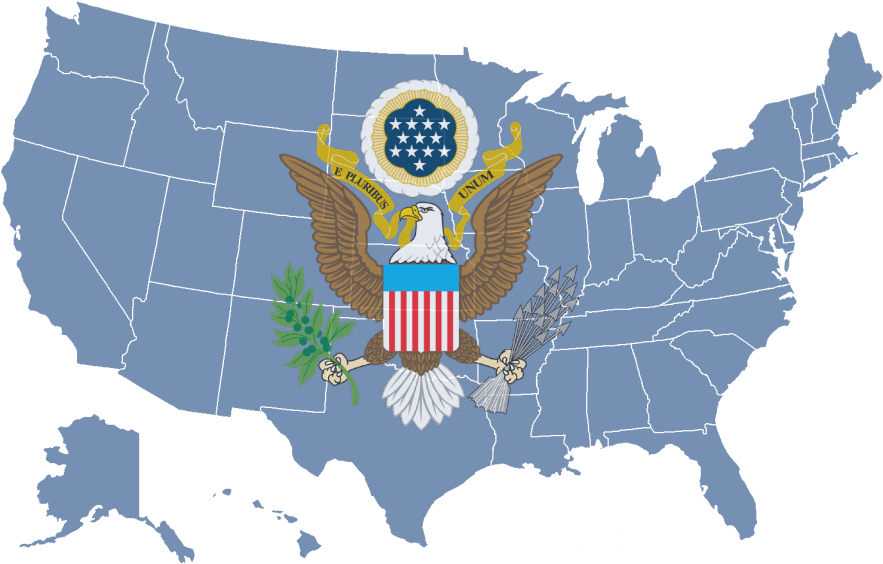
Strikeouts: 11

Innings pitched: 9.1

Win/loss record: 1-0

Earned run average: 2.89

Opponent batting average: .182



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Editor: Hanson Lee

Softball heats up for 2019 amidst winter frenzy

By Hanson Lee
Sports Editor

About three weeks into the regular season and the Wildcats have strung together an early season record of 5-3. Head coach Michael Larabee has been pleased with the team’s performance on the season thus far and is proud of how the team has been able to play on both sides of the ball. Larabee detailed that the team still needs to tighten up the left side of the defense, specifically with the third base and shortstop positions, and on pitching, specifically with throwing runners out.

“I think we feed off of each other and we expect to play at a high level.”

-Savannah Egbert, third base

Snow across the pacific northwest has made matchups unpredictable so far this year, with six games already having been cancelled for the Wildcats this season. So far, the team has missed outings with Humboldt State University, San Francisco State University, Hawaii Hilo University, Dixie State University and most recently Pacific Lutheran University. Nonetheless, Larabee stated that the team has continued to maintain a high level of focus when it comes to putting in the work and staying zoned in on what matters. “I’ve been really pleased... We’ve had some phenomenal practices, the enthusiasm, the energy,” Larabee said. “Our mantra is learn, grow and get better and that’s what they’ve done... You can’t control the weather, but they can control their effort, their attitude and their enthusiasm that

they bring to practice each day.” With only Celine Fowler, Jacie McDaniels, Samantha Gorham and Taelor Griffin missing this season from last year’s squad, the Wildcats still find themselves with a solid number of returners for 2019. With eight upperclassmen rostered for the Wildcats this season as a result, experience is going to be a quality aspect when it comes to making the most of 2019. “The GNAC is a very competitive conference and we have the ability to win our fourth straight conference championship,” Larabee said. “We definitely have the talent, we just need to make sure we go out and play to our potential and I think we’ll be in great shape.”

Third baseman Savannah Egbert has continued to grow for the Wildcats and has shown how strong she is at the plate. In 22 at-bats this season, the junior continues to impact her team’s performance on the offensive end with a team high batting average of .455. Egbert expressed that keeping a team oriented mindset is what truly gets the job done, even when it boils down to her individual success. “I think as a whole, all of us are expected to play at that level from our coach and from each other,” Egbert said. “I think we feed off of each other and we expect to play at a high level.” Sophomore starting pitcher Lexie Strasser is looking to have a similar impact for the Wildcats on the mound. In her freshman year as a Wildcat, the right-



Heather Stewart / The Observer
Softball has officially begun for the 2019 season. Although it's a new season, training has been nothing unfamiliar as the team has been putting in work since the beginning of last fall as seen here.

hander showed why she was a future ace for her Wildcat teammates, pulling together an impressive overall record of 18-10 and an ERA of 2.91, good enough to earn herself a unanimous first-team All-GNAC selection. Now in her second year, Strasser has already made opposing batters feel her presence with a current ERA of 1.98 and an opponent’s batting average of .189. “I’ve been working on placing the ball this year,” Strasser said. “I think that’s turned out really well.” Currently in the midst of an early two-game skid, coming at the hands of Colora-

do Mesa University and Cal State East Bay, the Wildcats are looking to hit the diamond and get back to their winning ways. Up next, the team will look to deliver a strong performance at the 2019 Cavalier Classic, hosted by fellow GNAC competitor Concordia University, down in Portland, Oregon. The classic will consist of eight teams, with games being played from Feb. 22 through Feb. 24 at Porter Park. “We gotta tighten up our defense and we gotta get some people going offensively,” Larabee said. “It should be pretty good competition.”



GNAC standings: Winter sports 2019



Men’s basketball	
Saint Martin’s	21-4
Northwest Nazarene	18-4
Seattle Pacific	16-6
Western Oregon	17-8
Alaska Anchorage	13-11
Montana State Billings	13-11
Simon Fraser	12-11
Western Washington	12-13
Central Washington	10-14
Concordia	9-15
Alaska Fairbanks	5-18

Women’s basketball	
Alaska Anchorage	23-1
Northwest Nazarene	23-1
Simon Fraser	16-7
Central Washington	15-8
Western Washington	14-10
Concordia	13-12
Montana State Billings	10-12
Seattle Pacific	7-16
Western Oregon	7-16
Saint Martin’s	5-19
Alaska Fairbanks	4-18

Baseball	
Western Oregon	1-0
Saint Martin’s	4-5
Central Washington	3-4
Concordia	2-6
Northwest Nazarene	1-3
Montana State Billings	0-4

Softball	
Western Oregon	3-0
Simon Fraser	5-1
Central Washington	5-3
Saint Martin’s	4-4
Montana State Billings	6-7
Northwest Nazarene	5-5
Western Washington	4-4
Concordia	3-8

Men’s rugby	
Notre Dame	4-3

Central Washington 3-1

Utah Valley 0-0



Standings updated as of Wednesday, Feb. 20

Release your inner Wildcat

Men’s basketball @ Western Oregon (Feb. 23)

Women’s basketball vs. Simon Fraser (Feb. 23)

Baseball vs. Saint Martin’s (Mar. 2-3)

Softball @ Cavalier Classic (Feb. 22-24)

Men’s rugby @ Valley Kangaroos (Feb. 23)

Women’s rugby @ Lindenwood (Feb. 23)

Bringing home an incredible run:

Story By: Bryce Weedman

Design By: Will Yi



“They deserved to be in that moment and winning an ESPY.”

-Sara Bradley

Courtesy of CWU Athletics

“Central Washington offers the ultimate act of sportsmanship”

- April 28, 2008 by Graham Hays ESPNW

Continued from Page 1

“I asked if I could carry Sara around the bases,” Holtman-Fletcher said. “We talked about it for a while and then they said yes.”

Holtman-Fletcher looks to CWU junior shortstop Liz Wallace, who is nearest to her, and they pick up Bradley. Wallace and Holtman-Fletcher touch Bradley down on first, second, third and then finally home plate, where Bradley’s teammates awaited a home run celebration. Everyone present at the game cheered on the situation as an act of kindness.

“I never thought anything of it at the time,” Holtman-Fletcher said. “But I knew it had picked up steam when ESPN was contacting our athletic director.”

A video taken from the stands and word of mouth had brought a huge amount of attention to the situation. All three players were flown out to the MLB All-Star game at the old Yankee Stadium and honored at different events for their actions on the field.

The Excellence in Sports Performance Yearly (ESPY) Award is the sports world’s most prestigious award show. Bradley, Holtman-Fletcher and Wallace were nominated for “Best Moment” in 2008. Just getting nominated was a big achievement.

“I don’t think I ever thought we would win,” Bradley said. “I think I was just so happy to be there and have all of these great experiences.”

It was clear that even if they did not win the Best Moment Award, they had made an impact on the world of sports.

The time had come to present the 2008 Best Moment Award and against every other moment, Bradley, Wallace and Holtman-Fletcher’s got chosen as the winner. Three girls from small universities that just felt they should help out a fellow player in need. When Holtman-Fletcher and Wallace decided to carry Bradley, they had made the decision that winning isn’t everything. They felt Bradley deserved to finish rounding the bases. This display of sportsmanship reached one of the highest stages in sports, and ultimately became an empowering moment for the whole nation to appreciate.

“I didn’t feel like we deserved to be there, but I felt the moment definitely deserved to be there,” Holtman-Fletcher said.

Holtman-Fletcher explained that the moment was even more powerful because it was awarded at a time when sportsmanship was being questioned in all sports at all different levels. It showed the power of humans and the ability to think about others even in the face of competitive sports.

“We never even second guessed it,” Wallace said. “We just wanted to do the right thing in that moment.”

It didn’t just show athletes that doing the right thing was important, it showed little kids who were growing up and playing sports the true meaning of sportsmanship. This moment showed future generations that selflessness and competition can go hand-in-hand no matter whose side you’re on. This wasn’t just an

“We just wanted to do the right thing in that moment.”

-Liz Wallace

“I didn’t feel like we deserved to be there, but I felt the moment definitely deserved to be there.”

-Mallory Holtman-Fletcher

The moment that changed sportsmanship forever

example for sports, it was an example for life. Holtman-Fletcher and Wallace didn't need to do what they did. They just acted in kindness.

Their story was inspirational to everyone who had ever faced adversity and needed someone to reach out their hand to help them out.

"I was proud to be there with Mallory and Liz," Bradley said.

Today, almost 11 years later, all three of their lives have changed in remarkable ways. Holtman-Fletcher spent the next five years, after graduating, as a coach for CWU softball and is now married with a son. Holtman-Fletcher keeps her ESPY award on a mantle in her home in North Carolina, but beyond that, she is most proud of being inducted into CWU's Hall of Fame as the first and only softball player. Holtman-Fletcher was a standout softball player from her childhood all the way through college and is proud of all the work she put in to get there. She wanted to make it clear that she was inducted into the Hall of Fame for her hard work on and off the field, not for her ESPY. Holtman-Fletcher's son doesn't understand why she got the ESPY award, just the fact that his mom carried someone around the bases.

Holtman-Fletcher still plays slow pitch every once in a while with her husband and still loves the game, but now has a family to focus on. Her son is her priority and she wants to make sure she is there for all of his best moments.

"The only reason I quit coaching was to be able to do it for my son," Holtman-Fletcher said. "I want to make sure I'm there for my son and can watch him grow up."

Bradley now lives in Portland, Oregon and is married with a son. She feels like she has a duty to continue this story, even after it has faded over time, as a way of passing on the kindness. She keeps her ESPY on a shelf in her house as a reminder that she has an obligation to share her story.

"It taught me that there is a lot of good in people," Bradley said.

"A Sporting Gesture Touches 'Em All"

- April 30, 2008 by George Vecsey The New York Times

Wallace has since moved around a lot as her husband is in the Navy. She now lives in Virginia with her husband and two kids. Wallace enjoys still hearing from parents about how inspirational their moment was on the field. Her life is all about her kids and knowing she has made a difference is very humbling.

"Eventually we got this big stack of letters from even kindergartners saying how proud they were and that just meant so much to me," Wallace said.

Their kids are now the most important part of their lives. Wallace believes the moment means so much more to her now because she knows that one day, her kids will have their own best moment to share with the world. There is great representation of the good in people behind their story and it is nice to be reminded of the home run that scored more than just runs on the field. It scored a ton of points in our hearts.



ESPY's graphic taken from Wikimedia Commons

Best Moment: "Great Sportsmanship"
(Central Washington University's Mallory Holtman and Liz Wallace, Western Oregon University's Sara Tucholsky)

Other Notable ESPY Winners

-ESPN.com

Best Male Athlete: Tiger Woods, Golf

Best Female Athlete: Candace Parker, Tennessee Basketball/
Los Angeles Sparks

Best Breakthrough Athlete: Adrian Peterson, Minnesota Vikings

Best Sports Movie: Semi-Pro

Best Team: Boston Celtics

Best Record Breaking Performance: Brett Favre, Green Bay Packers



"It taught me that there is a lot of good in people."

-Sara Bradley

Editor: Hanson Lee

A vast view of local landscape: Red Top Hill

By Hanson Lee

Sports Editor

Ellensburg's elongated winter frenzy may have you missing the area's hot summer days. If that's the case, then Red Top Hill's summer hiking experience is an adventure to look forward to in the coming months.

The Red Top Hill hike has two distinct attractions for visitors looking to take in the full hiking experience. The first attraction is Red Top Hill's fire lookout and the second attraction is the agate beds.

Information Assistant for the U.S. Forest Service, Cle Elum Ranger District, Nancy Jones expressed that both the fire lookout and agate beds are good beginner hikes.

According to the Okanogan-Wenatchee National Forest Service, the Red Top trailhead begins on Forest Road 9702 from the parking area. From there, visitors can follow an old road leading to where the trail initially forks into two pathways, one leading left and another leading right.

The left pathway will lead you on a steep ascent towards the peak of Red Top Hill where you'll find an old fire lookout. The right pathway isn't as steep and will have you navigating around cliffs at a lower elevation, eventually leading you near a junction with what is known as Blue Creek Trail. At this point, you will take the junction to its exit. After departing the junction with Blue Creek Trail, you'll be back on the Red Top Hill trail, at which point you will head north, reaching the agate beds located on the ridge.

A peak into the distance

According to the Washington Trails Association, the Red Top Hill fire lookout, built in 1952, hasn't been restored since 1997, but continues to work as an operational viewpoint for those looking to take in the scenic landscape and mountain ranges of the evergreen state.

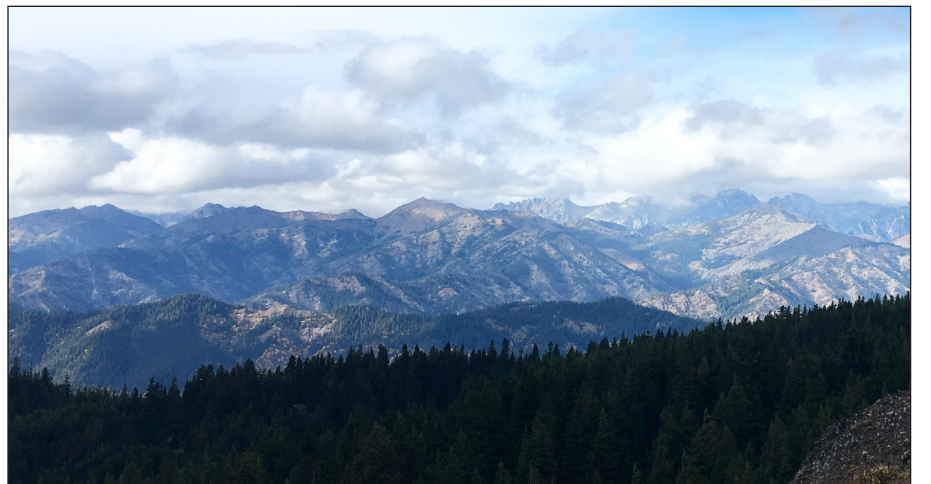
The lookout exposes visitors to 360 degree views of Mount Rainier, the Stuart Range, the Chelan and Entiat Mountains, Teanaway Ridge and if visibility allows it, even Mount Adams at a peak point elevation of 5360 feet. With 1.5 miles of required trekking round-trip and 350 feet of elevation gain, this adventure is short, steep and breathtaking.

Jones said that during the summer months, the lookout is staffed by volunteers and during most business hours, is open for visitors.

Beds of discovery

The other attraction featured on the Red Top Hill hike is what's known as the agate beds. According to the Washington Trails Association, there is a displayed guide set up near the agate beds with information and details on the rock beds. Jones said that these rock beds are typically navigated by hikers in search of Ellensburg Blue Agate and Geodes.

"That's the big draw up there for a lot of people...To go up and dig for



Heather Stewart/The Observer

Red Top Hill hike offers views of the mountains without having to put in too much effort. A large portion of the adventure is the drive to the top and the steep walk after this has panoramic lookouts.

rocks,” Jones said.

Whichever attraction you choose to pursue, Jones stressed that it's important for all visitors to take on basic safety precautions by bringing food, water, warm protective clothing, sturdy walking shoes or boots, a flashlight, bug spray and anything else necessary before venturing out. Jones stressed that even on the warmest days at ground level during the summer, it can become cold and windy when hiking up to your destination, so it's important to pack warm clothing just in case.

"Everybody wants to carry the 10 essentials," Jones said. "That's basically survival gear."

For the steep climb up to the fire lookout, Jones specifically recommends bringing a walking stick if you're not steady with your footing. If you're taking the more level trail to venture out into the agate beds, Jones said that a lot of people usually bring a shovel and/or a rock hammer, but warns not to dig around the roots of trees and to refill any holes created on the trail so that the area can be preserved.

Whether you're looking to expedite for geological artifacts or just in the mood for a scenic view, Red Top Hill is an opportunity for all ages to soak in the culture of the pacific northwest.

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Editor: Mariah Valles

Mariners 2019 season will surprise most

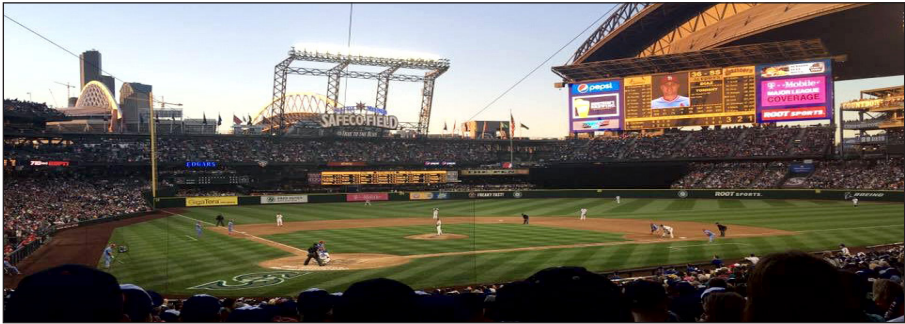
Bryce Weedman
Staff Reporter

When the Seattle Mariners opened up their 2018 season, there was a lot of buzz around not just the Pacific Northwest, but the whole MLB. The Seattle Mariners hadn't made the postseason since 2001. With a 16-year drought waiting to be snapped, it finally looked like it was going to happen by the All-Star break in 2018. But, like we had seen so many times before in Seattle, those hopes had diminished by August and were completely erased from Seattle fans' brains by September.

Another October of postseason baseball came and went, and yet again for 17 years in a row Safeco field (Now T-Mobile park) sat empty. There were some bright points to the 2018 season.

Mitch Haniger, Seattle's young right fielder had an outstanding season full of standout hitting and showed just how flashy he is with the leather. Dee Gordon, Seattle's new center fielder from Miami, showed off just how fast he really is, making outstanding plays in the outfield. He soon moved to second base in place of Robinson Canó. MLB.com says that Seattle had a double-digit lead in the second wild-card spot and were only one game behind the Houston Astros at one point, but after failing to clinch the wild-card spot, there needed to be some changes in the market.

Midway through the 2018 season, General Manager Jerry Dipoto, and head



Mariah Valles/The Observer

coach Scott Servais were both offered a multiyear contract extension. Some thought Seattle's front office may have spoken too soon with the contract extensions after the season fell through.

With a 17-year playoff drought at hand for Seattle, Dipoto decided it was time to dump the roster, and make way for new acquisitions of young prospects and some veterans to help along the process. The idea was to clear out the old in order to build a future with the young.

The first move that Dipoto made was to clear room in their cap space by trading Seattle favorites Robinson Canó and Edwin Diaz for veterans Jay Bruce, Anthony Swarzak, Gerson Bautista and top prospects in the Mets minor league system along with \$20 million in cash. That was just one of Seattle's big moves.

Seattle also added some big names like Mallex Smith, Justice Sheffield, J.P. Crawford, Edwin Encarnacion, Hunter Strickland and Shed Long. The Seattle Mariners have also added the new Jap-

anese pitcher Yusei Kikuchi from the Seibu Lions who is known for drawing crowds in Japan. Seattle did let go of players that had long been with the organization and even played well for them, but it was to make room for the future.

Along with these new changes to the team, Safeco insurance lost its naming rights to the stadium and Safeco field, the longtime name of Seattle's baseball stadium changed its name to T-Mobile park. Many wonder how long it will take for the name to stick. Fans have grown restless of their team missing the playoffs season after season. Dipoto has claimed that this offseason has been all about the process. According to him, by 2022 the team should be consistently making the playoffs and be a dominant force in the MLB. What that means for Seattle is that 2019 should be a dismal season to watch. That's probably why they have decided to keep the way-too-old Felix Hernandez and Ichiro on the roster. They might need to sell tickets in any

way possible. The Mariners have made it clear that Felix Hernandez is the "King" of Seattle, but he has lost his velocity on his fastball, and lost his command. It is time for Felix to retire.

This is where I tell you to pump the brakes. MLB.com says that the Seattle Mariners have had a winning record three out of the last four seasons. Even then, Seattle never had enough youth on their team, and had the most confusing roster setups I've ever seen. They paid more money to bring in offense to score more runs, but gave little attention to the starting rotation. Most successful teams would say that defense wins championships. The Mariners have added more talent this offseason than meets the eye. Veterans like Edwin Encarnacion, will bring a much needed leadership role for the young guys. The Mariners have no pressure on them this year to win. Most believe they will win less than 75 games. We have seen this before, a young team that has little to no expectations that comes together knowing they are all fighting for a spot on the roster next season.

Expect a slow start from the team, but also expect a winning record by the All-Star break come July. This team has passion and fire. I understand Seattle fans feeling upset that they will have to wait another two years to finally get that postseason taste promised by Dipoto but keep an eye on those standings this season. You will probably find Seattle close to the top.



SPECIAL

MARDI GRAS

DINNER

TUESDAY, MARCH 5, 2019 • 4:30 - 7:00 P.M.

HOLMES DINING ROOM

General Public \$18.00 + tax

Students \$12.00 + tax (meal plan discounts apply)

MENU

Gumbo	Red Beans and Rice 	BBQ Pork Sliders
Fried Catfish with Remoulade	Chipotle Macaroni and Cheese 	Fried Okra 
Mardi Gras Salads 	Cajun Corn Maque Choux 	Desserts 

SPECIAL EVENT GLASS WHILE SUPPLIES LAST



CWU is an EEO/AA/Title IX Institution. For accommodation email: DS@cwu.edu. DS-0037-2019 LYR

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- Plan your trip using **Google Maps**
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Editor: Mariah Valles

“Happy Death Day 2U”: could surpass original

Ben Wheeler
Online & Social Media Editor

2017’s “Happy Death Day” was a horror-dark comedy, taking the basic premise of “Groundhog Day,” of living the same day over and over again, and applying a baby-face-masked killer to the formula. Each time the main character Tree (Jessica Rothe) is killed, on her birthday no less, the day resets. Tree eventually unmasks her killer and along the way grows more disheartened with who she has become. Through her repeated days she makes peace with herself, her family and friends concluding in a feel-good ending as she escapes the time loop to kick-start her new life. A fine one-off form of storytelling from director Christopher Landon.

Then, the sequel hit theaters last week, just in time for Valentine’s Day. Christopher Landon also helmed the director’s chair for this sequel, titled “Happy Death Day 2U.” Along with Landon, all of our main and side characters returned for this sequel. In “Happy Death Day 2U,” Ryan (Phi Vu) experiences a similar repeat-day event to what Tree experienced in the first film when he is killed in a science building on their college campus. Tree, her boyfriend Carter (Israel Broussard) and Ryan start investigating this new time loop, inadvertently sending Tree back into a time loop where she again repeatedly re-lives her birthday. The same time loop as the first movie? Perhaps not. That is about all I can say without reveal-

ing anything the trailers didn’t. Let’s face it, the first movie most definitely did not need a sequel, and it seemed like the type of movie that would be ruined by a pointless rehash. The fact that the sequel came about as quick as humanly possible in today’s Hollywood machine was a huge red flag.

A major part of the plot of the sequel was investigating the time loops, how they work and how to stop them; the mysterious nature of the time loop was a huge part of what made the first movie work so well. The only way to make this approach work was to write an explanation and story that are both extremely creative and fresh.

Lo and behold, that is what Landon did. The narrative goes in so many different directions from the first, making it feel almost like a totally different story, despite the same characters appearing and similar events taking place. Once you realize that knowledge gained from the original has little to no value in navigating the events in this film, you edge forward a bit in your seat and get really engaged with what’s happening on-screen.

A major difference between the movies is in the tones; the first film felt like a horror movie with a dark-comedy influence, this sequel is more sci-fi with a comedy influence and a slightly smaller amount of horror mixed in. This may disappoint you blood and gore fans out there, but I assure you there is enough of the knife-wielding baby mask killer to remind you what a threat it is to our

characters. The comedy here is mostly a hit, though a few jokes miss. A lot of the humor feels new however, and that is always a positive. The sci-fi here is solid, but I could see why some may have issues with it.

The explanations of some elements are rushed and vague, but I think this is by design. The film wants the audience to use their imagination a bit. Remember this is a fictional movie and not a scientific documentary. That will allow you to have more fun with the sci-fi aspects.

With horror franchises like this one, there isn’t much to be discussed regarding the more technical aspects. Still, this sequel did an amazing job of recreating the look of the first film, which no doubt had to be a very difficult task for the location scouts, set designers and make-up artists. The more dramatic scenes have excellent tension and are mixed in perfectly with both the more light-hearted and the heartfelt scenes, making the pacing of the film a huge win.

The whole cast gives a great performance, and the transition work from death scene to waking up on the beginning of the same day is just as amazing as in the first film.

“Happy Death Day 2U” does everything a sequel is supposed to do: expand on the story and world of the original, add new twists and turns and keep the elements from the original that worked the best.

As a result, this sequel matches the quality of the first film, and may even

surpass it. I give it four stars out of five and I definitely recommend seeing it. I know I will be watching it again in the near future. “Happy Death Day 2U” has a 66 percent score from both the critics and audience on Rotten Tomatoes, according to the official site.

Box Office Statistics

Ranked #5 during opening weekend

Domestic Gross: \$14,723,500

Foreign Gross: \$11,800,000

Worldwide Gross: \$26,523,500

Opening Weekend: \$9,520,000

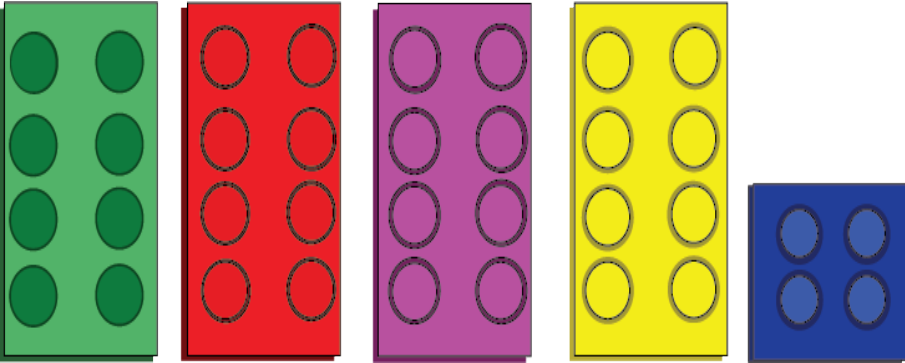
Information from boxofficemojo.com as of Feb. 18

“The Lego Movie 2: The Second Part”: fun at a million MPH

Rune Torgersen
Copy Desk Chief

The Lego franchise has long had a reputation for bringing together franchises that wouldn’t normally exist within the same space. Whenever the company acquires the rights to produce brick-based assembly toys based on a popular franchise, they also gain the opportunity to incorporate that franchise in other media down the line, such as video games and movies. This is where the popular “Lego Star Wars” games got their start, along with all of their other officially licensed cousins, such as “Lego Lord of the Rings” and “Lego Indiana Jones.”

Enter “The Lego Movie.” The 2014 animated feature film took an interesting approach to adapting an entire line of construction toys into one single hour-and-a-half long spectacle. In order to accomplish this, directors Phil Lord and Chris Miller (“22 Jump Street”) decided to pretend that all of these different licensed Lego sets actually exist within the same universe. I won’t get into too much detail here, but this does lead to a council of elders which includes Gandalf, Abraham Lincoln, the Teenage Mutant Ninja Turtles, Superman and various other seemingly random picks out of any fourth-grader’s imagination. The original film ends in a surprisingly clever twist, in which it turns out that the whole movie was actually set in a father’s (Will Ferrell) basement, and being acted out by his young son (Jaden Sand), who’s usually never allowed to play with the Legos



Graphic by Will Yi/The Observer

Torgersen gives “The Lego Movie 2: The Second Part” four and a half out of five bricks. It was given a four and a half because the formula of the movie won’t entertain everyone. Torgersen loved every moment of the movie, but the plot leaves a bit to be desired.

down there. This is accomplished through a surprise switch from the faux-stop motion animation to live-action. It was jarring at first, but upon re-watching the film, it was clear that this had been built up and foreshadowed the whole time.

Five years later, the sequel is in theatres, named “The Lego Movie 2: The Second Part,” because creativity is sometimes overrated. Interestingly enough, the movie itself also takes place exactly five years after the events of the first one. The first film concluded with space aliens built out of Duplo, the toddler-friendly version of Lego, invading the film’s set, voiced by the main character’s little sister. The years have seen the previously bright and friendly Bricksburg become the “Mad Max”-esque Apocalypseburg, because the main character is a teenager now and things need to be edgy.

That doesn’t stop the continuous

parade of references to other franchises, however. Batman (Will Arnett) takes the role of a warlord chieftain in this barren desert, and Superman, Abe Lincoln, Mary Poppins’ lame brother Larry Poppins and many others populate the newly-edgy world of this child’s imagination.

Phil Lord and Chris Miller penned the script for this one too, though it was directed by Mike Mitchell (“Trolls”). Naturally, this means that the jokes fly at your face at approximately a million miles an hour, with some sort of reference, visual gag or pun being present on-screen at nearly all times. The cast is phenomenal too, featuring Chris Pratt as the lead Lego character Emmett, alongside a bunch of other huge names. Jason Momoa plays Aquaman in a fun little cameo. Bruce Willis plays himself, as he’s encountered multiple times throughout the film in air ducts. Channing Tatum and Jonah Hill play Super-

man and Green Lantern, respectively. This list barely even scratches the surface of the long list of cameos and guest appearances, all of which hit comedic timing perfectly. Joke setups can be as short as a two-second clip of a banana slipping on its own peel, then pay off as a vital part of the climax of its film. You never know where the movie is headed next or who will meet along the way.

The first film’s soundtrack had a single called “Everything is Awesome,” by Tegan and Sara, and The Lonely Island. This ended up becoming almost as big as the film itself, so the sequel goes for a repeat performance with not one but two big-budget lead singles. The lead singles are “Catchy Song,” by Dillon Francis featuring T-Pain and That Girl Lay Lay, and “Super Cool,” by Beck featuring Robyn and The Lonely Island. The latter is a song about how the credits are always better than the rest of the movie, because even the musical score to this film is a joke.

In addition, there’s a smattering of musical numbers penned by Jon Lajoie (the guy behind a lot of viral music videos from the mid-2000s).

There’s a lot I haven’t even touched on, like the animation, which makes the whole thing look like a stop-motion film made with actual Legos, right down to the plasticky shine. This gives the movie a wonderful tactile feeling and reminds me of a trip to Legoland. If you weren’t a fan of the first film’s child-like humor and complete disregard for narrative convention, this won’t make a convert out of you, but for the rest of us, everything is, indeed, still awesome.

Editor: Mariah Valles

Open Mic Nights aren’t for everybody

TyYonna Kitchen
Copy Desk

On Feb. 13 there was an epic talent battle to the death at one of Ellensburg’s restaurants, The Porch.

10 contestants entered and everyone ended up surviving, but there were a few bruised egos by the end of the night. The bloodbath ended with four winners while everyone else was offered free consolation bubbles. There was even the added bonus of no real deaths occurring at The Porch.

As one of the lucky surviving performers (but not one of the winners), I have become assured of one thing: I am now an expert on talent battles and open mic nights. As a professional, I must relay my knowledge to people who neither asked for this information nor knew that I existed.

You should probably choose and practice your act before you step foot into the building where the open mic night or talent battle is being held. Even if you wrote or produced your piece yourself, it’s a good idea to know what you want to say once you get on stage.

This next tip is for my fellow poets or anyone else who shares written work; reading from a paper copy of your writing can get complicated.

One potential complication is that pages can get stuck together, which may put an awkward wrench in your performance. As a professional who speaks from experience, you should know that

it is highly recommended that you either memorize your work or read from your phone.

Memorization may seem like a lot of work for a single night, but it is an easy way to impress an audience. However, not everyone can dedicate time to memorizing their own work because some may have class or even homework if we are lucky.

I would also like to suggest that anyone entering the bloodthirsty arena that is an open mic night be ready to be received with relatively open arms.

Performing in front of strangers can sound like a terrifying risk. In movies people can be booed off stage as they are pelted by rotting tomatoes. However, even in the talent battle to the death, no contestant left with hurt feelings unless they made jokes about dead babies, and even that guy made it back to his seat safely.

Open mic nights offer people a safe space to show off their talents without any intense feelings of impending doom.

One last word of wisdom from an open mic night master: some things just don’t work for everyone. People should be aware of the fact that sometimes trying something once is more than enough.

Not everyone who has a talent wants to perform for the masses. Just watching the performances would have been fun enough for someone like me, but it was nice trying something new for that

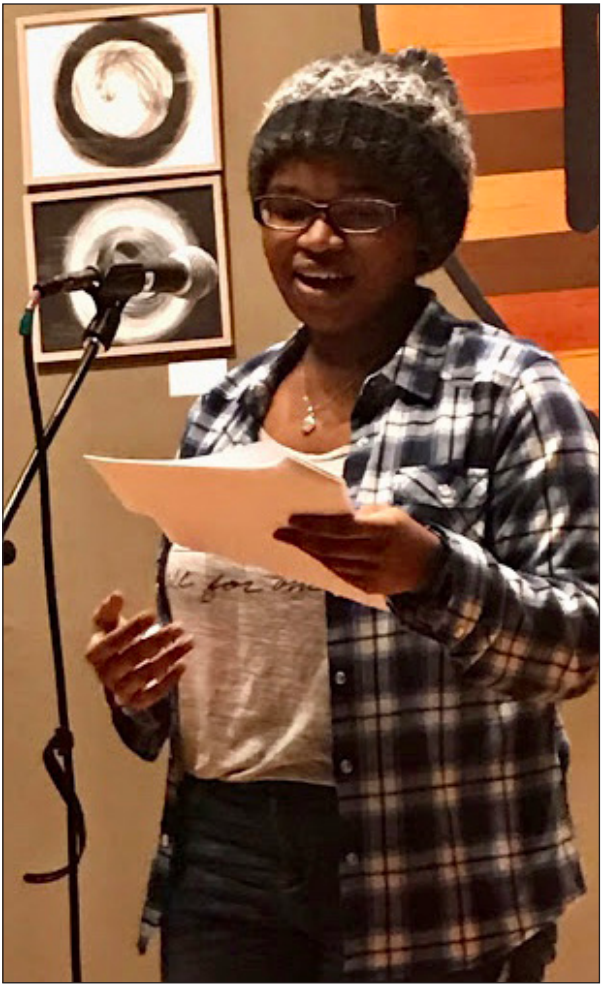
night. Open mic nights aren’t just a safe haven for performers, they are also a night of usually family-friendly fun for audience members.

By the end of the night, the crowd cheered for their friends and cheered on first-time performers like me.

With the promise of happy hour priced food and drinks and free bubbles I can easily say that the night was a success.

The event was not so much about me winning a prize as much as it was a break from school work, an excuse to abandon SURC food and a night of fun with a few friends.

This open mic night was hosted by CWU’s very own Champagne Ryder who hopes to make this a regular event. For now, students can get their open mic night kicks from Campus Activities’ Open Mic Night on Feb. 21 at 8 p.m. Signups begin at 7:30 p.m.



For The Observer
TyYonna Kitchen performed the poem, “Take a Bow” at the Open Mic Night at The Porch on Feb. 13.

SAD(ness) happens, the sunshine will come

Seasonal affective disorder (SAD) is caused by lack of sunlight, which lowers levels of serotonin and increases levels of melatonin, a sleep-related hormone

Nick Jahnke
Senior News Reporter

There’s snow on the ground. The car is frozen over. The outdoors are a hostile place. Wouldn’t it be better to just stay in bed?

This is the reality some of us have battled with since the winter months began.

Maybe your friends haven’t been getting together lately. Maybe you’ve dedicated most of your time to school and work. Maybe you spent Valentine’s Day alone or maybe it’s just the weather.

There are a lot of things that can get you down during the winter season. Whatever the case, there’s something about these cold months that tends to amplify depressive thoughts and behaviors.

The common name for this pattern of thought and behavior is seasonal depression. Officially it’s known as seasonal affective disorder, or SAD. It’s a phenomenon that has been gaining acceptance in the scientific community, but because the symptoms are tough to delineate apart from those of general depression, it’s the subject of much debate, according to the *Jefferson Journal of Psychiatry*.

According to Mental Health America (MHA), the main causes of SAD are lack of sunlight, which is linked to lower levels of serotonin (one of the neurotransmitters that affects mood) in the brain, and increased levels of melatonin,

a sleep-related hormone that tends to be produced at higher rates in the dark.

I would agree with those assertions. Looking outside at the snow and ice, the possibility of a productive day seems more and more distant. There’s more to it than brain chemistry, though.

Winter comes with a slew of societal pressures. For example, many refer to the cold months as ‘cuffing season,’ a time when we are supposed to find a partner to keep warm with. This can be problematic for those of us who have remained single, by choice or otherwise.

Feelings of loneliness and dread are compounded by the frustration of being trapped indoors, with nowhere to go and nothing worth doing. This troublesome combination is made worse for those of us that live alone.

At the height of these winter blues comes Valentine’s day. Not much explanation is needed there. You’re either alone on V-Day, or you’re not. In recent years, I’ve noticed that being alone on Valentine’s Day isn’t necessarily viewed as a bad thing, and there is usually a call for all the single people to get together and celebrate. Unfortunately, the narrative still implies that the single people are getting together to share in their loneliness, not to celebrate their independence.

Another pressure that seems to be universal is the idea that one must begin getting their physique ready during the winter. The expression goes some-

thing like: ‘The summer body begins in winter.’ This idea is fundamentally conflicting with the symptoms of SAD, which, according to MHA, include trouble with oversleeping, lethargic tendencies and overeating.

Those symptoms, paired with the pressure of physical self-improvement, can foster inner conflict and create yet another level of stress and anxiety. This leaves us feeling guilty and at some levels, hopeless.

Ironically, MHA says that one of the possible treatments for SAD is increasing exercise...how helpful.

Fortunately, by definition, SAD is a temporary affliction. It is said to come and go with the cold months, and accord-

ing to MHA, some people experience heightened levels of euphoria or happy feelings once spring and summer come around. That being said, it’s also common that the winter blues is simply amplifying an underlying depression that isn’t bound to any season.

MHA says that a possible treatment is bright light therapy, also known as phototherapy. Phototherapy consists of patients being exposed to ten times the intensity of normal domestic lighting for up to four hours a day. Supposedly this suppresses the production of melatonin, which should help with oversleeping and lethargy.

I’ll be waiting for the sunshine.

Student Medical and Counseling Center

Location:
400 East University Way across from the SURC

Hours:
Monday-Friday, 8 a.m. to 5 p.m.

Contact
Medical: (509) 963-1881
Counseling: (509) 963-1391

CWU’s Wellness Center

Location:
SURC 139

Hours:
Monday-Friday, 8 a.m. to 7 p.m.

Contact
Phone: (509) 963-3213
Email: wellness@cwu.edu

WHAT'S HAPPENING

HYPE

FEB. 21 -27, 2019

THUR. FEB. 21

Walking in Our Shoes: Tours of “For All the World to See” Exhibit
11 a.m. - Noon. • Dean Hall Lobby
View the exhibit through the eyes of CWU’s Black student leaders, who will provide guided tours.

Mindfulness, Stress Management and Building Resilience Workshop
3 p.m. • Black Hall 152 • Free
Learn what causes stress in your life and how to manage those stressors using mindfulness practices.

Lunch n’ Learn: Gentrification
4 - 5 p.m. • Black Hall 105 • Free
Presentation, trivia, and discussion on the global and local issues of gentrification.

Un/Belonging: Can People of Color Call Ellensburg “Home”?
5 p.m. • Dean Hall Lobby • Free
Listen, understand, and grow as we imagine more effective networks of support, enrichment, and belonging for people of color in Ellensburg.

Open Mic Night
8 p.m. • 1891 Bistro • Free
Beat the cold and warm up at the Bistro with live music from CWU students. Signups are at 7:30 p.m.

FRI. FEB. 22

BSU Presents Showtime at Central
7:30 p.m. • SURC Ballroom
Get a taste of Wildcat talent at this annual event, modeled after the famous Showtime at the Apollo!

MON. FEB. 25

Civil Rights Today: The New Civil Rights Movement
6:30 p.m. • SURC Ballroom • Free for CWU students • \$10 GA w/ food donation, \$15 regular GA
cwu.edu/tickets or Wildcat Shop
Social activist Shaun King presents the history of civil rights movements and where we are today.

TUE. FEB. 26

“To Live” Film Screening
6:30 p.m. • Hal Holmes • 3rd & Ruby
Watch the film adaptation of NEA Big Read selection, Yu Hua’s “To Live.”

WED. FEB. 27

2019 Leadership Conference: “Building Bridges, Creating Connections” w/ CWU alumni
cwu.edu/leadership-engage

Editor: Alexa Murdock

Ellensburg weekly weather forecast

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

35/14

32/18

31/19

32/16

30/15

29/14

Thursday: Mostly sunny with slight wind. High of 35.

Friday: A 30 percent of chance of snow in the afternoon. Mostly cloudy. 40 percent chance of snow in the evening. High of 32.

Saturday: A 50 percent chance of snow during the day. Chance of snow in the evening. High of 32.

Sunday: Slight chance of snow during the day. High of 32.

Monday: Slight chance of snow. High of 30.

Tuesday: Slight chance of snow. High of 29.

Data sourced from forecast.weather.gov. Information current as of publication date. Weather subject to change.

This week in Observer history

Vol. 55 No. 15 Central Washington University Thursday, February 25, 1982

Walter
Reserved for nearly two decades as CBS anchor, the now-retired Cronkite tells it like it really is
By MELISSA YOUNG
OF the Campus Crier

Walter always seemed like sort of a quiet man, and his subtle demeanor earned him worldwide respect over the years. Dignified, reserved, somewhat grandfatherly — he was definitely someone to look up to.

Walter was the epitome of a professional — he just reported what had happened during the day, never interjected his own opinion.

For many, it became habit — go home, turn on the television, and settle down to watch the CBS Evening News with Walter Cronkite.

Walter never failed to come through. He'd tell us the way it was, with a twinkle in his eye and a slight smile often hiding beneath his sparse mustache.

And he was always careful not to tell us how he felt about the situation. But then Walter retired.

It's been almost a year since he gave up the anchor at CBS, a position he held for nearly two decades. Now, Walter's telling people how he feels about a lot of things, from nuclear disarmament to online love life.

On Feb. 25, 1982, The Observer (then the Campus Crier) published an article of American broadcast journalist Walter Cronkite’s speech at the Capitol Theatre in Yakima, Washington. The then-retired Cronkite spoke about his experiences as a journalist. He also spoke about political issues at the time such as the space race, the Cold War and the “apparent apathy” our nation was facing. Cronkite died on July 17, 2009 at the age of 92.

This week’s crossword:
Going to the movies

1

2

3

4

5

6

7

8

9

10

11

DOWN:

1. A movie that features songs and dances that advance the plot
2. A movie covering real-life events or people
3. How the film gets from the booth to the screen
4. A movie designed to make the audience laugh
5. Snack most commonly associated with going to the movies
7. What an actor wears to look like their character

ACROSS:

6. A movie filmed with a camera
7. The main tool of a filmmaker
8. What a director yells to signal the beginning of a take
9. A list of people who worked on a film
10. The money allocated to make a film
11. The music that plays in the background of a film

ANSWERS: ACROSS: 6. LiveAction 7. Camera 8. Action 9. Credits 10. Budget 11. Score DOWN: 1. Musical 2. Documentary 3. Projector 4. Comedy 5. Popcorn 7. Costume

Ask Alexa

The “Ask” column is written by one of our staff members. Opinions in this column are meant to be lighthearted and entertaining.

Dear Alexa,

The recent cold and snowy weather mixed with the typical end-of-quarter craziness is really making me feel depressed. What are some fun things I can do to relax my mind and just get away from all of my worries for an afternoon? Sincerely,
Winter Blues

Dear Blues,

I understand what you mean. Did you know that up to 5 percent of adults in the U.S. get seasonal depression? What you’re feeling is completely normal, but here are a few of my suggestions.

Get outside as much as you can. We get less vitamin D on cloudy days so be sure to take at least a 15 minute walk every day. If you can’t get out in the sunlight, try taking a multivitamin or vitamin D supplement.

Make time for your friends. Sometimes we can get so wrapped up in our studies that we forget to make time for the things we enjoy. Take a break and grab some lunch with your friends. This will help ease your stress and make you happier.

Try light therapy. Winter blues are often caused by a lack of sunlight, so try lifting your mood with a light therapy lamp. Use it in the morning to help wake yourself up and set a good tone for the rest of the day.

If this doesn’t work, the Student Medical and Counseling Clinic can help you find a way to manage your symptoms and stress. Also remember that what you’re feeling is only temporary, and that spring is just around the corner! Sincerely,
Alexa

Submit a question

Email us at
cwuobserver@gmail.com

Call for reader work

Do you have a letter to the editor or a burning opinion you want published?

We would love your work!

Email us at cwuobserver@gmail.com or stop by Lind 115 M - Tu 5-6 p.m. for inquiries.

#CWUHYPE

Call for a cartoonist!

Are you an artist? Do you love to doodle? Do you know someone who loves to draw?

The Observer is looking for a cartoonist. If you’re interested, send work to cwuobserver@gmail.com or stop by Lind 115 M-Tu 5-6 p.m.